

16 count intro

Sequence: A, A, A, B, B, A, A plus ending –dance till section 4

Part A

1. Toe flick shuffle, toe flick shuffle

1, 2,3&4 Touch R toe in front of L, flick L heel to side and shuffle forward RLR

5,6,7&8 Touch L toe in front of R, flick R heel to side and shuffle forward LRL

2. Forward rock, shuffle 1/2 turn, shuffle 1/2 turn coaster step

1, 2,3&4 Rock forward on R, rock back on L, shuffle back ½ turn stepping RLR

5&6 (Turning R) shuffle forward ½ turn R stepping LRL,

7&8 Step R back, step L beside R step R forward (coaster step)

3. Cross, side, sailor steps

1, 2, 3&4 Cross L over R, step R to R side, L sailor step (behind, side, step)

5, 6, 7&8 Cross R over L, step L to L side, R sailor step (behind, side, step)

4. Side, together, chasse L, cross rock chasse R

1,2,3&4 Step L to L side, step R next to L chasse L (stepping LRL)

5,6,7&8 Cross rock R over L, step back on L chasse to R (stepping RLR)

5. Weave - Cross, side, behind, step ¼ turn R, ½ turn pivot, forward shuffle

1,2,3,4 Cross L over R, step R to side, step L behind R, step R ¼ turn R,

5,6,7&8 Step L ½ turn pivot R, shuffle forward on LRL

6. Rock forward back coaster step, rock forward back coaster

1,2,3&4 Rock forward on R, rock back on L, step back on R, step L next to R and step R forward

5,6,7&8 Rock forward on L, rock back on R, step back on L, step R next to L and step L forward

Part B

7. Travelling toe, heel, toe, heel (Dwight steps) rock forward, back coaster step

1,2 Touch R toe to L instep (swinging L heel to R), touch R heel to L toe (swinging L heel to L)

3,4 Touch R toe to L instep (swinging L heel to R), touch R heel to L toe (swinging L heel to L)

5,6 7&8 Rock forward on R, back on L, step back on R, bring L beside R and step forward on R

8. Travelling toe, heel, toe, heel (Dwight steps) rock forward, back coaster step

1-2 Touch L toe to R instep (swinging R heel to L), touch L heel to R toe (swinging R heel to R)

3-4 Touch L toe to R instep (swinging R heel to L), touch L heel to R toe (swinging R heel to R),

5,6, 7&8 Rock forward on L back on R and step back on L, bring R beside L and step forward on L

9. Stomp, hold and heel swings, stomp, hold and heel swings

1,2&3&4 Stomp R foot diagonally in front of L, hold and on the 'and' count swing both heels out, in, out (keeping weight on the balls of the feet)

5,6&7&8 Stomp L foot diagonally forward in front of R and on the and counts swing heels in, out, in.

10. Rock forward back coaster step, rock forward back coaster step

1,2,3&4 Rock forward on R, rock back on L, step back on R, step L next to R and step R forward

5,6,7&8 Rock forward on L, rock back on R, step back on L, step R next to L and step L forward

Ending dance up to section 4, then add a 1/4 turn to face front wall

ie. chasse to R with a ¼ R to face front wall.

Finish with arms raised high to applause in the music!