
Remember to Vote for your favourite dances in the Linedancer Charts.

Sequence: A, B, B, Tag 1, A, B, B, B, A (32 Counts), Tag 2, B, B, B, Ending

Part A

SEC 1 **SIDE, TOUCH-BALL-STEP, SIDE, BEHIND-SIDE-CROSS, HEEL BOUNCE ½ UNWIND**

- 1-2 Step to the right on R, Touch L next to R
&3-4 Ball step L next to R, Step forward on R, Step to the left on L
5&6 Step R behind L, Step to the left on L, Cross R over L
7-8 Bounce heels turning ¼ L, Bounce heels turning ¼ L placing weight on L (6:00)

SEC 2 **SIDE, SAILOR STEP, BEHIND, CHASSE ¼ TURN, STEP ½ TURN**

- 1-2 Step to the right on R, Step L behind R
&3-4 Step slightly to the right on R, Step to the left on L, Step R behind L
5&6 Chasse ¼ turn L stepping L, R, L (3:00)
7-8 Step forward on R, Turn ½ L placing weight on L (9:00)

SEC 3 **½ SWEEP, ¼ SWEEP, BACK WITH DRAG, WALK FORWARD L, R**

- 1-2 Turn ½ L stepping back on R, start sweeping L from front to back, Finish sweeping L (3:00)
3-4 Step back on L turning ¼ R, start sweeping R from front to back, Finish sweeping R (6:00)
5-6 Step back on R start dragging L towards R, Finish dragging L
7-8 Walk forward L, R

SEC 4 **SLOW STEP ½ TURN, HOLD, SYNCOPATED SIDE ROCK, WEAVE RIGHT**

- 1-2 Step forward on L, Start turning ½ R (12:00)
3-4 Finish turning ½ R, placing weight on R Hold
&5-6 Ball rock to the left on L, Recover on R, Cross L over R
7-8 Step to the right on R, Step L behind R

Restart Here on the 3rd time Part A is danced, Dance Tag 2 then restart with Part B

SEC 5 **BALL-CROSS, ROCK, BALL-CROSS, BACK, COASTER STEP, STOMP, HOLD**

- &1-2 Ball step R next to L, Cross rock L over R, Recover on R
&3-4 Ball step L next to R, Cross R over L, Step back on L
5&6 Coaster step on R, L, R
7-8 Stomp forward on L, Hold

SEC 6 **MONTEREY ½ TURN, SYNCOPATED SIDE ROCK, CROSS, CHASSE ¼ TURN LEFT, ROCK BACK**

- 1-2 Point to the right with R, Turn ½ R closing R next to L (6:00)
&3-4 Ball rock to the left on L, Recover on R, Cross L over R
5&6 Step to the right on R, Close L next to R, Turn ¼ L stepping back on R (3:00)
7-8 Rock back on L prepping upper body to the left, Recover on R

Born For This

Continued... Page 2 of 3

SEC 7 FULL SPIRAL TURN, STEP WITH SWEEP, WEAWE RIGHT

- 1-2 Step forward on L starting to make a full spiral turn R, Finish making the full spiral turn
- 3-4 Step forward on R start sweeping L from back to front, Finish sweeping L
- 5-6 Cross L over R, Step to the right on R
- 7-8 Step L behind R, Step to the right on R

SEC 8 DIAGONAL ROCK FORWARD, HOLD, 1/8 BALL-CROSS, 1/4 BACK, 1/4 FORWARD, 1/2 BACK

- 1-2 Turn 1/8 R rocking forward on L start making a small body roll forward, Finish making body roll (4:30)
- 3-4 Recover on R, Hold
- &5-6 Ball step L next to R, turning 1/8 L Cross R over L, Turn 1/4 R stepping back on L (6:00)
- 7-8 Turn 1/4 R stepping forward on R, Turn 1/2 R stepping back on L (3:00)

SEC 9 1/4 SIDE, LIFT L HAND, LIFT R HAND, JAZZ BOX WITH CROSS

- 1-2 Turn 1/4 R stepping to the right on R start lifting L hand in the air with palm facing up, Finish lifting L hand (6:00)
- 3-4 Place weight on L pull down L hand and start lifting R hand in the air with palm facing up, Finish lifting R hand
- 5-6 Pull down R hand crossing R over L, Step back on L
- 7-8 Step to the right on R, Cross L over R

SEC 10 SIDE, LEANING R, L WALK BACK R, L ROCK BACK RECOVER WITH HITCH

- 1-2 Step to the right on R, Lean to the right
- 3-4 Step to the left on L and straighten body, Lean to the left,
- 5-6 Walk back on R, L
- 7-8 Rock back on R, Recover on L hitching R forward

Arms

- 1-2 Push L hand forward, Keep L hand straight out and move it anti-clockwise to the left side
- 3-4 Drop L hand and push R hand forward, Keep R hand straight out and move it clockwise to the right side
- 5-6 Drop R hand and stretch L hand slightly down and out to the left, Stretch R hand slightly down and out to the right
- 7 Bring both hands together at the center of your chest as if you are making a prayer,
- 8 Bring both hands up in the sky, forming them into fists

Part B

SEC 1 STOMP, SIDE, HOLD, WALK FORWARD L, R, SIDE, TOGETHER, WALK BACK L, R

- 1-2 Stomp to the right on R, Hold
- 3-4 Walk forward on L, R
- 5-6 Step to the left on L, Close R next to L
- 7-8 Walk back on L, R

Arms

- 1-2 Throw hands down to sides next to thighs, still formed into fists Keep hands next to thighs
- 3 Keeping hands as fists cross arms in front of chest a little bit away from your body
- 4 Bring arms out to sides and elbows bent 90 degrees with fists up, showing that you are strong!
- 5 Lower L hand towards center of chest keeping elbow to the side palm facing down and fingers pointing R
- 6 Lower R hand towards center of chest keeping elbow to the side, palm facing down, fingers pointing L and R hand over L
- 7-8 Roll hands forward Pull both arms back forming hands into fists, keeping them in waist height

Born For This



Born For This

Continued... Page 3 of 3

SEC 2 STEP BACK WITH LOW KICK AND HAND MOVEMENTS, STEP, HOLD, BALL, ROCK FORWARD, ½ STEP, STEP

- 1 Step back on L lifting R slightly from the ground and throw both hands up in the sky with palms facing up
 2 Keep hands in the sky and R lifted from the ground
 3-4 Step down on R throwing both hands down, Hold
 &5-6 Ball step L next to R, Rock forward on R, Recover on L
 7-8 Turn ½ R stepping forward on R, Slightly step forward on L (12:00)

SEC 3 SIDE, POINT, SIDE, POINT, SIDE ROCK, BEHIND SIDE

- 1-2 Step to the right on R, Point to the left with L
 3-4 Step to the left on L, Point to the right with R
 5-6 Rock to the right on R, Recover on L
 7-8 Step R behind L, Step to the left on L

Arms

- 1-2 Bring R arm up with hand open, Pull R arm down placing elbow at chest level and hand still up as you close fist
 3-4 Bring L arm up with hand open, Pull L arm down placing elbow at chest level and hand still up as you close fist
 5 Bring both hands slightly out to sides opening R hand with palm facing up and fingers pointing out Keep L hand as a fist
 6 Bring both hands together, placing L fist into palm of R hand R hand fingers pointing up
 7-8 Keep hands in the same position

SEC 4 STEP FORWARD WITH HITCH AND HAND MOVEMENT, STEP CLAP, HOLD, BACK ½, STEP, STEP ½ TURN HITCH

- 1 Step forward on R, hitching L forward and start bringing hands out to the sides, palms facing in with elbows bent
 2 Keep L knee in the air and continue bringing hands out to the sides
 3-4 Step down on L, clapping both hands forward, Hold
 5-6 Step back on R, Turn ½ L stepping forward on L (6:00)
 7-8 Step forward on R, Turn ½ L placing weight on L hitching R and bring both hands up in the sky forming them into fists (12:00)

Note You will always do the hitch with hands up in the sky when a B-part goes into another B-part
 If you go from B to Tag or B to A you will not do the hitch with hands

Tag 1**SLOW STEP ½ TURN**

- 1 Step forward on R
 2-4 Slowly turn ½ L and place weight on L

Tag 2**¼ STEP, ¼ SWEEP, CROSS HITCH**

- 1-2 Turn ¼ R stepping forward on R, Sweep L from back to front turning ¼ to the right
 3-4 Cross L over R, Hitch R and bring both hands up in the sky, forming them into fists

Ending Step to the right on R, bringing hands down and slowly out to the sides

