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SEC 1 STEPS FORWARD, ANCHOR STEP SWEEP, SAILOR STEP, ROCKING CHAIR

- 1-2 Step right forward, step left forward
3&4 Step right behind left, step left in place, step right in place and sweep left from front to back
5&6 Step left behind right, step right next to left, step left to left diagonal
7&8& Step right across left, recover weight back to left, step right back, recover weight back to left

SEC 2 ROCK STEP, ½ TURN SHUFFLE, ½ TURN SWEEP, HIP BUMPS

- 1-2 Rock right forward, recover weight back to left
3&4 Turn ¼ right step right to right side, step left next to right, turn ¼ right step right forward (6:00)
5-6 Turn ½ right sweeping left from back to front (weight ends up on right) (12:00)
7&8 Step left to side and bump hips left, bump hips right, bump hips left (weight ends up on left)

SEC 3 ¼ TURN STEPS, ROCK-HITCH-CROSS, SWAYS, ½ TURN SYNCOPATED ROCK STEP

- 1-2 Turn ¼ right step right forward, step left forward (3:00)
3&4 Rock right to right side, recover weight to left as you hitch right foot, step right across left
Note Counts 3&4 can be replaced with a simple rock-n-cross
5-6 Sway your hips left, sway your hips right
7&8 Rock left forward, recover weight back to right, turn ½ left stepping left forward (9:00)

SEC 4 SHUFFLE FORWARD, KICK BALL CROSS, ½ TURN SWEEP, HIP BUMPS

- 1&2 Step right forward, step left next to right, step right forward
3&4 Kick left foot forward, step left next to right, turn ¼ right step right across left (12:00)
5-6 Turn ¼ right sweeping left from back to front (weight ends up on right) (3:00)
7&8 Step left to side and bump hips left, bump hips right, bump hips left (weight ends up on left)

SEC 5 DIAGONAL STEPS, DIAGONAL CROSS SHUFFLE, STEP BACK, TURN ¼ LEFT, DIAGONAL CROSS SHUFFLE

- 1-2 Step right to right diagonal, turn ⅛ left step left across right (1:30)
3&4 Turn ¼ right step right across left, step left to left side, step right across left (4:30)
5-6 Turn ⅛ right stepping left back, turn ¼ right stepping right to right side (9:00)
7&8 Step left across right step right to right side step left across right

SEC 6 SYNCOPATED LOCK STEPS, SCUFF, HITCH, STEP, HEEL TURNS, COASTER STEP

- 1& Step right to right diagonal, lock left behind right
2& Step right to right diagonal, step left to left diagonal
3& Lock right behind left, step left to left diagonal
4& Scuff right foot, hitch right foot
5&6 Step right foot forward, turn ¼ left bringing left heel in, turn ¼ left turning right heel out (3:00)
7&8 Step left back, step right next to left, step left forward

