



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

SEC 1 STEP, TOUCH, STEP, TOUCH, KICK OUT OUT, BALL CROSS, ¼ STEP, RUN ¾ TURN

- 1&2& Step R to R diagonal, Touch L next to R, Step L to L diagonal, Touch R next to L
3&4 Kick R fwd, Step R out to R side, Step L out to L side
&5 Step ball of R next to L, Cross step L over R
6 Make ¼ turn R stepping fwd on R (3:00)
7&8 Make ½ turn L stepping on to L, Step R next to L, Make ¼ turn L stepping fwd on L (6:00)

SEC 2 CROSS & TOGETHER, CROSS, SIDE, BOX ½ TURN, SAILOR, TOGETHER

- 1&2 Cross step R over L, Step L to L side, Step R next to L
3-4 Cross step L over R, Step R to R side
5-6 Make ¼ turn L stepping L to L side, Make ¼ turn L stepping R to R side (12:00)
7&8& Step L behind R, Step R to R side, Step L to L side, Step R next to L

SEC 3 SIDE, TOUCH, SIDE, TOUCH, ¼ LOCK, SHUFFLE ½ TURN

- 1-2 Step L to L side, Touch R behind L looking to L and swing both arms to L
3-4 Step R to R side, Touch L behind R looking to R and swing both arms to R
5-6 Make ¼ turn L stepping fwd on L, Lock R behind L (9:00)
7&8 Make ¼ turn L stepping fwd on L, Step R next to L, Make ¼ turn L stepping fwd on L (3:00)

SEC 4 PRESS, RECOVER WITH SWEEP, PONY STEP BACK X2, OUT OUT, IN IN

- 1-2 Press/rock fwd on R, Recover on L sweeping R from front to back
3&4 Step back on R while popping L knee up, Step L next to R, Step back on R while popping L knee up
5&6 Step back on L while popping R knee up, Step R next to L, Step back on L while popping R knee up
&7&8 Step R to R side, Step L to L side, Step R to centre, Step L next to R

SEC 5 BALL STEP, STEP, ANCHOR STEP, ½ STEP, STEP, FULL TURN

- &1-2 Step ball of R next to L, Step fwd on L, Step fwd on R
3&4 Step L behind R and rock back, Recover weight on R, Rock back on L
5-6 Make ½ turn R stepping fwd on R, Step fwd on L (9:00)
7-8 Make ½ turn L stepping back on R, Make ½ turn L stepping fwd on L

Option Walk fwd R, Walk fwd L

SEC 6 BALL TOGETHER, BACK, BEHIND SIDE CROSS, BALL TOGETHER, CROSS, SIDE, BEHIND

- &1-2 Step fwd on ball of R, Step L next to R, Step back on R fanning L toes
3&4 Step L behind R, Step R to R side, Cross step L over R
&5-6 Step R to R side, Step L next to R, Cross step R over L
7-8 Step L to L side, Step R behind L

Systematic Overload
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Systematic Overload

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SEC 7 BALL CROSS, HOLD, BALL BEHIND, HOLD, ¼ BALL STEP, PIVOT ½, STEP, PIVOT ½

&1-2 Step ball of L to L side, Cross step R over L, Hold

&3-4 Step ball of L to L side, Step R behind L, Hold

&5-6 Make ¼ turn L stepping on ball of L, Step fwd on R, Pivot ½ turn L

7-8 Step fwd on R, Pivot ½ turn L (6:00)

Option For counts 5-8 R rocking chair

SEC 8 SIDE ROCK, RECOVER, BALL SIDE ROCK, RECOVER, BALL STEP FWD, HITCH, COASTER

1-2& Rock R to R side, Recover on L, Step ball of R next to L

3-4& Rock L to L side, Recover on R, Step ball of L next to R

5-6 Step fwd on R, Hitch L

7&8 Step back on L, Step R next to L, Step fwd on L (6:00)

Ending At the end of last Wall

1 Unwind ½ turn R

