

16 count intro from main heavy beat (approx 17 secs)

Walk right, left, right, rock, recover, step, tap, step, rock, ball-cross

- 1,2,3 Walk forwards right, left, right
&4 Rock left out to left side (&), recover weight onto right
5&6 Cross left over right, tap right beside left (&), step right to right diagonal
7&8 Rock weight back onto left, step right beside left (&), cross step left over right

Hip bumps, hold, bump, hitch, ¼ left, ¼ left, ½ sailor left

- 1&2 Step right to right side bumping hips right, left, right
3 Hold
&4 Bump hips left (&), bump hips right whilst hitching left
5,6 Turn ¼ left stepping onto left, turn ¼ left stepping right to right side
7&8 Left sailor turning ½ turn left

Touch, full turn right, left rock and cross, rock, recover, ½ turn right, rock, recover

- 1,2 Touch right to right side, full turn right transferring weight to right
3&4 Rock left to left side, recover weight onto right (&), cross step left over right
5,6 Rock right to right side, recover weight onto left
& Turn ½ turn right stepping right next to left
7,8 Rock left to left side, recover weight onto right

Cross, rock recover, cross, rock recover, step left, bump and hitch ¼ left (x3)

- 1&2 Cross step left over right, rock right to right side (&), recover weight onto left
3&4 Cross step right over left, rock left to left side (&), recover weight onto right
5 Step forward left
6 Keeping weight on left, hitch right and turn ¼ left whilst bumping right hip
7 Keeping right hitched, bump right hip to turn another ¼ turn left
8 Keeping right hitched, bump right hip to turn another ¼ turn left

Cross and heel, step touch, ¼ turn left touch, full turn right, touch

- 1&2 Cross step right over left, step left to left side (&), touch right heel forward
&3 Step right next to left (&), touch left next to right
&4 Turn ¼ turn left stepping left to left side (&), touch right toes to right side
5,6 Turn ¼ right stepping onto right, turn ½ right stepping onto left
7,8 Turn ¼ right stepping onto right, touch left toes to left side pulling right shoulder back

¼ left, hitch, flick, cross, full unwind left, out, out, in, in, forward, forward, back, back

- 1 Turn ¼ turn left stepping onto left
&2 Hitch right flicking right ankle to right (&), keeping right hitched flick right ankle to left
3,4 Cross step right over left, unwind full turn left ending with weight on left
&5 Step right out to right side (&), step left out to left side
&6 Return right to place (&), return left to place
&7 Step right forward, step left forward
&8 Step right back, step left back

START AGAIN AND SMILE © No Tags No Restarts