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- 1 C Bump, sweep 1/4 turn L, step back, touch, cross rock, recover, side rock, recover, cross, side, cross**
- 1 & 2 & Bump left hip upwards to left, recover on R (1&), bump left hip downwards to left, bending a little on right knee., recover on R (2&), (reverse C bump)
- 3 & 4 Sweep LF around, at the same time turning 1/4 left (3), to step back behind R (&), touch R toe in front of LF bending at the R knee (4). [9]
- 5 & 6 & Cross rock RF, recover on L, Rock RF to right side, recover on L
- 7 & 8 Cross RF over L, Step LF to left, Cross RF over L.
- 2 1/4 turn L, forward rock, recover, step back, lock step, coaster step, touch kick, behind side cross, touch kick**
- 1 & 2 & Turning 1/4 to left, rock forward on LF (pushing hips forward), recover on R (1&), Step back on LF, Lock RF over L [6]
- 3 & 4 Step back on LF, Step RF next to L, Step LF forward.
- 5 & Touch RF next to L, Kick RF diagonally towards right,
- 6 & 7 Step RF behind L, Step LF to left, Cross RF over L
- & 8 Touch LF next to R, Kick LF diagonally towards left
- 3 Step back, lock, step, back rock, full turn L, hitch, step back, 1/4 turn L side step, cross step, sway/body roll**
- 1 & 2 Continue facing 5 o'clock, step back on LF, Lock RF over L, Step back on LF (travelling diagonally back
- & 3 Rock back on RF, recover on L
- & 4 Half turn left by stepping back RF, Half turn left stepping LF forward
- & 5 Hitch RF (still facing 5 o'clock), with RF still hitched, turn body to face 6 o'clock (5) [6]
- & 6 & Step back on RF (&), Turn 1/4 left by stepping LF to left (6), Cross RF over L, [3]
- 7 & 8 Stepping LF to left, sway left, right, left (in figure 8), dipping as you sway to left, start to rise as you sway to right and straightening up as you sway to left (weight on L). Or do a body roll to left and sitting on L hip (8).
- 4 Cross rock, recover - rock back, cross step (2 X), side rock, recover, sailor 1/2 turn R, side rock, recover, touch**
- 1 & 2 & Cross rock RF over L, Recover on L, Rock back RF, Cross LF over R
- 3 & 4 & Repeat above steps
- 5 & Rock RF to right, Recover on L
- 6 & 7 Step RF behind L, turn 1/4 right left by stepping LF to left, turn 1/4 right by stepping RF forward [9]
- & 8 & Rock LF to left, Recover on R. Touch LF next to RF
- Restart On 5th wall, after 16 counts (facing 6 o'clock).**
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