

Start on the word "two".

- 1&2& Step right and step left. Hold right arm up parallel to body with palm facing towards you. Put left hand resting on inside of right arm (arms make a right angle shape). Keeping arms at these angles slide left arm out to left, and right arm to right side whilst swivelling feet on right heel and left toe. Bring feet back to place and arms down.
- 3-4 step right foot forward. Lock left foot behind right.
- 5-6 unwind half turn left bouncing heels twice.
- 7-8 step left foot forward. Point right toe to right side
- 1&2 kick right foot forward. Point left toe to left side.
- &3-4 put weight on left foot. Step right foot across left and point left toe to left side.
- 5 step left foot next to right.
- 6-7 lean slightly to right and looking at left shoulder, brush left shoulder with right hand. Lean slightly to left and looking at right shoulder, brush right shoulder with back of left hand.
- 8 slide left foot back on ball of the foot whilst extending right arm straight out in front.
- 1-2 unwind half turn left on ball of left foot and right heel.
- 3-4 step right foot forward. Pivot quarter turn left.
- 5&6 kick right foot forward. Step right to right side. Touch left toe next to right.
- 7&8 kick left foot forward. Step left foot to left side. touch right toe next to left.
- 1&2 touch right toe forward. On ball of right foot twist right heel out and in.
- 3-4 kick right leg to right side. Cross right foot over left.
- 5&6 keeping feet crossed, open legs bending knees out in out.
- 7-8 step right foot forward. Touch left next to right.
- 1&2 turn quarter turn left stepping left foot to side. Touch right toe next to left.
- 3&4 scuff right foot and step right to right side. Step left to left side so feet end up apart.
- 5&6 bring left foot into right popping shoulders right left right.
- 7&8 turn three- quarter turn right stepping left right left.
- 1-2 touch right heel diagonally across left leaning back slightly. Touch right toe to right side.
- 3&4 turn full triple turn right stepping right left right.
- 5-6 step left foot forward, lock right foot behind left.
- 7&8 step left foot forward, lock right foot behind left and step left foot forward.
- 1&2 point right toe to right side. Bring right back into place and point left toe to left side.
- &3-4 take a big step forward on right foot. Bring left foot behind right keeping weight on right foot.
- 5&6 rock forward on left foot. Recover weight onto right. Turn quarter turn left stepping left to left side
- 7-8 step right foot forward. Pivot half turn left.
- 1-2 step right foot to right side and recover weight onto left.
- 3&4 step right behind left, left to left side and cross right over left.
- 5&6 left sailor slide- step left foot behind right. Step right foot to place. Do left big step to left and drag right foot into left. Weight ends on left foot.
- 7-8 touch right behind left and unwind quarter turn right.
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