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- 1 Slide right foot back & pop left knee forward
2 Slide left foot back & pop right knee forward
3 Slide right foot back & pop left knee forward
4 Slide left foot back & pop right knee forward
5 - 6 Step right back, rock forward onto left
7 & 8 Step right forward, step left next to right, step right back (coaster step)
1 - 2 Step left back, rock forward onto right
3 & 4 Step left forward, step right next to left, step left back (coaster step)
5 & 6 Touch right to right side, step right next to left, touch left to left side
& 7 Step left next to right, touch right heel forward
& 8 Step right next to left, touch left heel forward

MOVING TO THE LEFT

- & 1 Step left next to right, cross/step right over left
& 2 Step left next to right, cross/step right over left
& 3 - 4 Step left next to right, cross/step right over left, touch left toe to left side
5 - 6 Cross/touch left toe over right foot, unwind 1/2 turn right
7 - 8 Bounce both heels twice
1 & 2 Cross/step left behind right, step right to side, replace weight left (sailor)
3 & 4 Cross/step right behind left, step left to side, replace weight right (sailor)
5 - 6 Step left forward, rock back onto right
7 & 8 Make 3/4 turn left stepping left-right-left

REPEAT