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Dance start's with feet together ( with weight on left foot )

**2x Shuffle Fwd, Modified Box Step with 1/2 Right**

- 1& 2 Step forward onto right foot, step left foot next to right,  
step forward onto right foot.
- 3& 4 Step forward onto left foot, step right foot next to left,  
step forward onto left foot.
- 5 - 7 Cross/Step right foot over left. Step back onto left foot turning 1/4 right.  
Turning a further 1/4 right on ball of left foot - step forward onto right foot.

**4x Side Rocks, 2x Sailor Shuffles**

- 8 - 11 Step/Rock left foot to side ( bend right knee slightly to left ).  
Rock back onto right foot ( bend left knee slightly to right ).  
Rock back onto left foot ( bend right knee slightly to left ).  
Rock back onto right foot ( bend left knee slightly to right ).
- 12& 13 Step left foot behind right, step right foot next to left,  
step left foot to side.
- 14& 15 Step right foot behind left, step left foot next to right,  
step right foot to side.

**Step Behind, 1 and a 1/4 Turns Right**

- 16 - 18 Step left foot behind right. With a 1/4 turn right step onto right foot.  
Stepping forward onto left foot turn full turn right - stepping forward onto  
right foot.

**2x Shuffle Fwd, Modified Box Step with 1/2 Left**

- 19& 20 Step forward onto left foot, step right foot next to left,  
step forward onto left foot.
- 21& 22 Step forward onto right foot, step left foot next to right,  
step forward onto right foot.
- 23 - 25 Cross/Step left foot over right. Step back onto right foot turning 1/4 left.  
Turning a further 1/4 left on ball of right foot - step forward onto left foot.

**4x Side Rocks, 2x Sailor Shuffles**

- 26 - 29 Step/Rock right foot to side ( bend left knee slightly to right ).  
Rock back onto left foot ( bend right knee slightly to left ).  
Rock back onto right foot ( bend left knee slightly to right ).  
Rock back onto left foot ( bend right knee slightly to left ).
- 30& 31 Step right foot behind left, step left foot next to right,  
step right foot to side.
- 32& 33 Step left foot behind right, step right foot next to left,  
step left foot to side.
- 34 - 36 Step Behind, 1 and a 1/4 Turns Left  
Step right foot behind left. With a 1/4 turn left step onto left foot.  
Stepping forward onto right foot turn full turn left - stepping forward onto  
left foot.

**2x Shuffle Fwd, Modified Box Step with 1/2 Right**

- 37& 38 Step forward onto right foot, step left foot next to right,  
step forward onto right foot.
- 39& 40 Step forward onto left foot, step right foot next to left,  
step forward onto left foot.
- 41 - 43 Cross/Step right foot over left. Step back onto left foot turning 1/2 right.  
Step forward onto right foot.

**Right Full Turn, 2x Scoot/Bunny Hops**

- 44 - 46 Turning 1/2 right on ball of right foot step onto left.  
Turning 1/2 right on ball of left foot step right forward.  
Step forward onto left foot.
- 47& 48& Step forward onto right foot, scoot/Bunny Hop forward.  
Step forward onto left foot, scoot/Bunny Hop forward.