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- Section 1 Back, Heel Grind, Ball Cross, Hitch, Cross, Weave, Dip, 1/4 Turn, Hitch**
- 1 - 2 Step back on right, grinding left heel out to left. Step back on left, grinding right heel out to right
- & 3 & 4 Small step right to right side, Cross left in front of right, small step right to right side, cross left in front of right
- & 5 Hitch right knee in front of left, cross right over
- 6 & Step left to left side, cross right behind left
- 7 - 8 Step left to left side bending knees, raise, turning 1/4 left hitching left knee in front of right (9:00)
- Section 2 Step, Hip Bumps, 1/4 Turn, Hip Bumps, 1/4 Turn, Back, Touch, Skate, Kick Ball Step**
- 1 & 2 Small step forward on left bumping hips left-right left
- 3 & 4 1/4 turn left, small step to right side bumping hips right-left-right (6:00)
- & 5 1/4 Turn left stepping back on left, touch right behind left (3:00)
- 6 & 7 & 8 Small skates diagonally right, left. Small kick forward on right, step right beside left, step forward left
- Section 3 Swivel, 1/2 Turn, Walk Back (with knee pops), Sailor Step x 2**
- 1 Swivel 1/2 turn right (weight ends on left) 9:00
- & 2 & 3 Step back on right, popping left knee, step back on left popping right knee
- & 4 Step back on right, popping left knee (weight ends on right) 9:00
- 5 & 6 Cross left behind right, step right to right side, step left in place
- 7 & 8 Cross right behind left, step left to left side, step right in place
- Section 4 Heel, Hitch, Point, Hitch, Toe Strut, Back, Twist, 1/4 Turn, 3/4 Turn**
- 1 & Touch left heel forward, hitch left beside right
- 2 & Point left to left side, hitch left in front of right
- 3 & 4 Touch left toe behind right, step down on left heel, step back on right
- 5 & 6 Twist both heels left, then right. Twist both heels left making 1/4 turn right (12:00)
- 7 - 8 1/4 turn right stepping forward on right, 1/2 turn right stepping back on left (9:00)
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