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- Section 1 Kick ball cross x 2, side rock, sailor 1/4 turn**  
1 & 2 Kick right forward, step right beside left, cross left over right  
3 & 4 Kick right forward, step right beside left, cross left over right  
5,6 Rock right to right side, recover onto left  
7 & 8 Step right behind left step left to left side, making 1/4 turn right, step right to right.
- Section 2 Shuffle forward, flick half turn, diagonal shuffle x 2**  
1 & 2 Step left forward, close right to left, step left forward  
3,4 Flick right forward, making 1/2 turn right hooking right over left  
5 & 6 To right diagonal, step right forward, close left to right, step right forward  
7 & 8 To left diagonal, step left forward, close right to left, step left forward
- Section 3 Extended Weave, Monteray turn**  
1,2 Step right to right side, cross left behind right  
3,4 Step right to right side, cross left over right  
5,6 Point right to right side, close right to left making 1/2 right  
7 & 8 Point left to left side, close left to right, point right to right side
- Section 4 1/4 turn, dip, step lock, step lock step**  
1,2 Make a 1/4 turn right, bend both knees and 'sit down'  
3,4 Stand up, hook right over left  
5,6 Step right forward, lock left behind right  
7 & 8 Step right forward, lock left behind right, step right forward
- Section 5 Forward rock, full triple turn, forward rock, touch and cross**  
1,2 Rock left forward, recover onto right  
3 & 4 Triple full turn left, stepping left, right, left  
5,6 Rock right forward, recover onto left  
7 & 8 Touch right beside left, step right back, cross left over right
- Section 6 Shuffle 1/4 turn x 2, v-step, heel and toe splits**  
1 & 2 Step right to right side, close left to right making 1/4 turn, step right to right side  
3 & 4 Step left to left side, close right to left making 1/4 turn, step left to left side  
& 5 & 6 Step right out, step left out, step right in, step left in  
& 7 & 8 Weight on toes, split both heels, weight on heels split toes
- Section 7 Figure of 8 weave**  
1,2 Step right to right side, cross left behind right  
3,4 Step right forward making a 1/4 turn right step left forward  
5,6 Make 1/2 right, step left to left side making 1/4 turn right  
7,8 Cross right behind left, step left to left side
- Section 8 Cross rock chasse 1/4 turn, forward rock, scissor step**  
1,2 Cross rock right over left, recover onto left  
3 & 4 Step right to right side, close left to right, step right to right side making 1/4 turn right  
5,6 Rock forward on left, recover on right  
7 & 8 Step left to left side, close right to left, cross left over right
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