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- 1 Rock, Cross Shuffle, Rock, Cross Shuffle**  
1 - 2 Rock right foot to right side, recover weight on left foot  
3 & 4 Cross right foot over left, drag left to meet right foot, cross right foot over left  
5 - 6 Rock left foot to left side, recover weight on right  
7 & 8 Cross left foot over right, drag right to meet left, cross left foot over right
- 2 Side Touch x2, Box Walk**  
1 - 2 Step right foot to right side, touch left together  
3 - 4 Step left to left side, touch right together  
5 - 6 Step right foot forwards, step left foot forwards  
7 - 8 Step right foot backwards, step left foot backwards
- 3 Hip Bumps x2, Paddle Turns x2, Rock**  
1 - 2 Bump hips forwards to the right  
3 - 4 Bump hips forwards to the left  
5 - 6 Step forwards on right foot turning 1/4 left over left shoulder x2  
7 - 8 Rock right foot forwards, recover weight on left
- 4 Coaster Step, Pivot 1/2, Turning Back Shuffle**  
1 - 2 Step back on right foot, step left foot back to meet right  
3 - 4 Step forwards on right foot, step forwards on left foot  
5 - 6 Pivot 1/2 over right shoulder, step forwards on left foot  
7 - 8 Pivot 1/2 over right shoulder, stepping right, left
- 5 Coaster Step, Pivot 1/2 x2, Rock**  
1 & 2 Step right foot back, step left foot back, step right foot forwards  
3 - 4 Step forwards on left foot turning 1/2 over right shoulder, step forwards on right foot turning 1/2 over right shoulder  
5 - 6 Rock left foot forwards, recover weight on right foot
- 6 Coaster Step, Side Rock, Sailor Step**  
1 - 2 Step left foot backwards, step right beside left  
3 - 4 Step left foot forwards, step right to right side  
5 - 6 Recover weight on left foot, step right foot back  
7 - 8 Step left foot beside right, step right foot forwards
- 7 1/4 Sailor Turn, Pivot 1/2, Cross Rock, Heel**  
1 - 2 Step left foot backwards, step right beside left  
3 - 4 Turn 1/4 over left shoulder stepping forwards on left, step on right foot  
5 - 6 Pivot 1/2 over left shoulder, cross right foot over left  
7 - 8 Recover weight on left, point right heel forwards
- 8 Touch, Cross Rock, Heel, Touch, Rocking Chair**  
1 - 2 Touch left foot to right, cross left foot in front of right  
3 - 4 Recover weight on right, point left heel forwards  
5 - 6 Touch right foot to left, step right foot forwards  
7 & 8 Recover weight on left foot, step back on right foot, recover weight on left
- 9 Step, Pivot 1/2, Step, Pivot 1/2, Travelling Full Turn, Walk x2**  
1 - 2 Step forwards on right, pivot 1/2 over left shoulder  
3 - 4 Step forwards on right, pivot 1/2 over left shoulder  
5 - 6 Step forwards on right turning 1/2 over left shoulder, step backwards on left turning 1/2 over left shoulder  
7 - 8 Step forwards on right foot, step forwards on left foot
- Restart Restart on 5th Wall at end of Step 4, Section 7**
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