

S1. Side behind kick ball step, rock , 1/4 turn and triple step.

- 1, 2 Step right foot to the right with weight, cross left foot behind right.
3&4 Kick right foot out, take weight into ball of right foot then step down with left.
5, 6 Step onto right and turn 1/4 left taking weight onto left.
7&8 Triple step forward on right, left right.

S2. Side behind, kick ball step, rock, 1/4 turn triple step.

- 1, 2 Step left foot to the left side with weight, cross right foot behind.
3&4 Kick left foot out, take weight onto ball of left foot, then step down with right.
5, 6 Step onto left and turn 1/4 right taking weight onto right.
7, 8 Walk forward on left, touch right toe in place.

S3. Syncopated jumps, cross unwind 1/2 turn

- &1&2 Take right foot back on & present left heel (1) bring left foot home and cross right over left with weight
3, 4 Unwind 1/2 turn left ending with weight on right
&5&6 Take left foot back on & present right heel (5) bring right foot home and cross left over right with weight
7, 8 Unwind 1/2 turn right ending with weight on left

S4. Rock back triple 1/2 turn, rock triple forward

- 1, 2 Rock back with right foot, recover weight on left
3&4 Triple 1/2 turn left with right, left right
5, 6 Rock back with left foot, recover weight on right
7&8 Triple forward with left , right, left

S5. Step 1/2 turns and 1/4 rumba turn

- 1, 2 Step right foot forward, turn 1/2 left weight on left
3, 4 Step right foot forward, turn 1/2 left weight on left
5-8 Step right forward completing two 1/8 paddles turns equaling a further 1/4 turn left.

S6. Heel switches and struts

- 1&2& Take right heel forward, replace on (&) switch left heel out, then replace on (&)
3, 4 Present right heel and snap toe down.

S5. Step 1/2 turns and 1/4 rumba turn

- 1,2 Step right foot forward, turn 1/2 left weight on left
3,4 Step right foot forward, turn 1/2 left weight on left
5-8 Step right forward completing two 1/8 paddles turns equaling a further 1/4 turn left.

S6. Heel switches and struts

- 1&2& Take right heel forward, replace on (&) switch left heel out, then replace on (&)
3,4 Present right heel and snap toe down.
5&6& Present left heel forward, replace on (&) switch right heel out then replace on (&)
7,8 Present left heel and snap toe down

S7. Rock forward triple round complete turn, rock back.

- 1,2 Rock right foot forward, take weight on left.
3&4 Triple step right, left right turning 1/2 to the right
5&6 Triple step left, right left continuing to turn another 1/2 right
7,8 Right rock back, replace weight on left.

S8. Shimmy right, 1/2 turn, hold, shimmy left 1/2 turn, hold (hinge turns)

- 1, 2 Shimmy to the right.
3, 4 Pivot on right foot turning 1/2 right
5, 6 Shimmy to the left
7, 8 Pivot on left foot to turn 1/2 left

Alternative Music:

Sea of Love by Phil Phillips and the Twilights (Slow), Bad Romance by Lady Gaga (Faster)
Perhaps by Geri Halliwell (Different)
Will work to any 50's style music, music 120 to 136 bpm and much, much more!!!