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- 1 Walk, Walk, Rock & Cross, Back, Side, Left Shuffle**
1 2 Step forward right, step forward left.
3 & 4 Rock right to right side, recover weight onto left, cross right over left.
5 6 Step back, step right to right side.
7 & 8 Step forward left, step right next to left, step forward left.
- 2 Rock 1/2 Turn, Step 1/2 Pivot Step, Rock Recover, Coaster Step**
1 & 2 Rock forward right, recover weight onto left, step half turn over right.
3 & 4 Step forward left, pivot half turn stepping forward right, step forward left.
5 6 Rock forward on right, recover onto left.
7 & 8 Step back on right, step left next to right, step forward right.
- 3 Rock & Cross x 2, Step, 1/4 Step, 1/4 Sailor Step**
1 & 2 Rock side left, recover weight onto right, cross left over right.
3 & 4 Rock side right, recover weight onto left, cross right over left.
5 6 Step forward left, step forward right making 1/4 left.
7 & 8 Step left behind right, step back right making 1/4 left, step forward left.
- 4 Walk, Walk, Rock 1/4 Cross, 1/2 Turn, Shuffle 1/2 Touch**
1 2 Step forward right, step forward left.
3 & 4 Rock forward right, recover onto left making 1/4 left, cross right over left.
5 6 Step left to left side making 1/4 right, step right to right side making 1/4 right
7 & 8 & Step forward left making 1/4 right step right next to left, step forward left making 1/4 right, touch right toe next to left.
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