
A: 32 counts, 4 walls. B: 32 counts, 1 wall

Intro: 16 counts from first beat in music (10 secs into track). Weight on L

Sequence: A, A, B, A + restart, A, A, B, A, A, B, B, A

A section – Hit the beats of the guitar sound and the lyrics!

1 – 8 Walk R, walk L with prep, ¼ L, cross shuffle, ¼ L back, L back rock, full turn R

1 – 2 Walk fw R (1), walk fw L turning upper body R to prep for L turn coming up (2)

3&4&5 Turn ¼ L stepping R to R side (3), cross L over R (&), step R to R side (4), cross L over R (&)
turn ¼ L stepping back on R (5) – styling note: try to make counts 3&4&5 a gradual ½ L 6:00

6 – 7 Rock back on L (6), recover on R (7)

8& Turn ½ R stepping back on L (8), turn ½ R stepping fw on R (&)

9 – 16 ½ R with slow sweep, anchor step, ball step, fw L, ½ R, ¼ side rock

1 – 2 Turn ½ R stepping back on L starting to sweep R out to side (1), sweep R behind L (2) 12:00

3&4 Step R behind L (3), change weight to L (&), change weight to R (4)

&5 Change weight to L (&), push off L foot stepping fw on R (5)

6 – 7 Step fw on L (6), turn ½ R stepping onto R (7) 6:00

8& Turn ¼ R rocking L to L side (8), recover on R (&) 9:00

17 – 25 Cross ball, sweep R, jazz ¼ R, cross, R & L points, fw, tap, back lock step

1 – 2 Cross ball of L foot over R and start sweeping R to R (1), step down on L and sweep R fw (2)

3&4& Cross R over L (3), turn ¼ R stepping L back (&), step R to R side (4), cross L over R (&) 12:00

5&6& Point R to R side (5), step R next to L (&), point L to L side (6), step L next to R (&)

7& Step fw on R (7), tap L toe behind R with body opened to L side (&)

8&1 (Keeping upper body opened to L side) Step L back (8), lock R over L (&), step back on L (1).

Optional styling: when stepping back on L (count 1) you can add a 'flick ronde en l'air'.

Do this: flick R heel backwards and up and opening R leg to R side at the same time (1).

26 – 32 R back rock, ¼ L into R scissor step, side L, drag, R back rock

2 – 3 Rock back on R (2), recover on L (3)

4&5 Turn ¼ L stepping R to R side (4), step L behind R (&), cross R over L (5) 9:00

6 – 7 Step L to L side (6), drag R towards L (7)

8& Rock back on R (8), recover weight fw on L (&)

B section (faces 6:00 the first time you do it) - Hit the lyrics!

1 – 8 Fw R, ½ L, fw R, ½ R, back lock step, syncopated coaster step, fw R with hitch

1 – 2 Step fw on R (1), turn ½ L stepping fw on L (2) 12:00

3 – 4 Step fw on R (3), turn ½ R stepping back on L (4) 6:00

5&6 Step back on R (5), lock L over R (&), step back on R (6)

&7&8 Step back on L (&), step R next to L (7), step fw on L (&), step fw on R hitching L knee (8)

9 – 16 Slip slide X 2, cross, side rock cross, tap L behind, recover L with slow sweep

1&2 Cross L over R (1), step R to R side and start sliding L towards R (&),

change weight to L flicking R foot to R side (2)

3&4 Cross R over L (3), step L to L side and start sliding R towards L (&),

change weight to R flicking L foot to L side (4)

5&6& Cross L over R (5), rock R to R side (&), recover on L (6), cross R over L (&)

7&8 Tap L behind R (7), step back on L and sweep R to R side (&), sweep R behind L (8)

17 – 24 Behind side cross, side rock ¼ R, touch step X 2, kick out out

1&2 Cross R behind L (1), step L to L side (&), cross R over L (2)

3&4 Rock L to L side (3), turn ¼ R as you recover onto R (&), step fw L (4) 9:00

5&6& Touch R next to L (5), step R diagonally fw (&), touch L next to R (6), step L diagonally fw (&)

7&8 Kick R fw (7), step R slightly out to R side (&), step L slightly out to L side (8) – feet apart

25 – 32 Apple jacks X 2, R sailor ¼ R, fw L, swivel ½ R, back R L, R coaster step

&1&2 Lift L toes and R heel and twist to L side (&), return both feet to centre (1),

lift R toes and L heel and twist to R (&), return both feet to centre (2) – weight L

3&4 Cross R behind L (3), turn ¼ R stepping L a small step to L side (&), step fw on R (4) 12:00

5&6 Step fw on L (5), swivel R heel almost ½ R (&), swivel L heel ½ L and at the same time
completing ½ turn with R heel (6) – weight on L 6:00

&7&8 Step R back (&), step L back (7), step R back (&), step L next to R (8)

(the &8 steps are the beginning of a coaster step)

Feel it, grind it, hit it, move it... and ... Begin again!

Restart: After your first B do the first 7 counts of A. Then step fw on L (8), turn ½ R on L (&). Restart!
6:00

Thank you to Jannie Tofte Andersen for suggesting this awesome piece of music to me .

Music download available from iTunes

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