

Count In: 32 counts intro from start of track

1-8 Walk back left, right, sailor, behind side cross, touch left, cross back heel with ¼ turn

- 1 -2 Walk back on left (&), walk back on right (2)
3&4 Cross left behind right (3), step right next to left (&), step left to left side (4)
&5&6 Cross right behind left (&), step left to left side (5), cross right over left (&), touch left to left side
7&8 Cross left over right (7), make ¼ turn left stepping back on right (&),
touch left heel forward pushing hips back (8) 9.00

9-16 Ball step forward, pivot ½ turn left, side rock cross x2, step right side, sailor ¼ turn left (as ball change)

- &1 -2 Step in place with left (&), step forward on right (1), pivot ½ turn left weight ends on left 3.00
3&4 Rock right to right side (3), recover weight onto left (&), cross right over left (4)
&5&6 Rock left to left side (&), recover weight onto right (5), cross left over right (&),
step right to right side (6) 3.00
7&8 Cross left behind right as you begin to make ¼ turn left (7),
complete ¼ turn stepping back on ball of right (&), step left foot slightly forward towards 10.30

17-24 Ball change (with body ripple styling), step forward right, left, right with knee pops, left triple step close with 3/8 turn, right crossing shuffle

- &1 Rock back onto ball of right (&), step left foot in place (1)
(styling: as you take count 1 imagine a hoop in front of you, imagine putting head through the hoop and continue with shoulders down to waist – like a forward body roll)
2 Take strong step forward on right foot (2), as you do so pop left knee forward
(styling: roll right shoulder back (so left will be forward))
3 Take strong step forward on left foot (3), as you do so pop right knee forward
(styling: roll left shoulder back (so right will be forward))
4 Take strong step forward on right foot (2), as you do so pop left knee forward
(styling: roll right shoulder back (so left will be forward))
5&6 Step forward on left (5) make 3/8 turn left stepping right to right side & slightly back (&),
step left next to right (6) (facing back) 6.00
7&8 Cross right over left (7), step left to left side (&), cross right over left (8)

25-32 Step tap ball cross, ½ turn L with R triple cross, side rock cross, step R, behind, ¼ turn, rock forward

- &1&2 Step left to left side (&), tap right toe to right diagonal (1), step ball of right in place (&),
cross left over right (2)
3&4 Make ¼ turn left stepping back on right (3), make ¼ turn left stepping left to left side (&),
cross right over left (4) 12.00
&5&6 Rock left to left side (&), recover weight onto right (5) cross left over right (&),
step right to right side (6)
7&8& Cross left behind right (7), make ¼ turn right stepping forward on right (&),
rock forward on left (8), recover weight onto right (&) 3.00

RESTART: There is a restart during 5th wall.

You begin the 5th wall facing 12.00. Dance first 16 counts which takes you to the sailor with ¼ turn ball change 7 & 8 as below –
add the extra “&” count as detailed

- 7&8& Cross left behind right as you begin to make ¼ turn left (7), complete ¼ turn stepping back on ball of right (&), step left foot slightly forward towards (8), recover weight back on right foot (&)
Start again from beginning 12.00

START AGAIN, HAVE FUN! •