

Dance Pattern: A,B,C,A,A,B,C,A,A,A,A

A Pattern

1-8 Heel grind X2, ball cross with 1/4, syncopated weave, side rock

- 1-2& cross right over left as you grind right heel, recover weight on left, step right next to left
- 3-4 cross left over right as you grind left heel, recover weight on right
- &5 step left next to right, cross right over left as you make a 1/4 turn to the right
- 6&7 step left to left, step right behind left, step left to left side
- &8 cross right over left, rock left to left

9-16 Recover with 1/4, 1/2, coaster, walks X4 with hand pushes

- 1-2 recover on to right making a 1/4 turn to right, make a 1/2 turn to right stepping back on left
- 3&4 step back on right, step together with left, step forward on right
- 5-6 walk forward on left as you push hands up and to the left,
walk forward on right as you push hands up and to the right
- 7-8 walk forward on left as you push hands down and to the left,
step right out to right as you push hands down and to the right

17-24 Back, cross, back X2, hand pump

- 1-2 step back on left, cross right over left
- 3-4 step back on left, step back on right
- 5&6&7&8 bring right arm up with hand open palm facing forward and pump right hand forward,
just bending at wrist as you tap left heel for these 4 counts

25-32 Rock/recover, ball rock/recover, 1/2 turn jazz box

- 1-2 rock forward on right, recover on left
- &3-4 step on ball of right next to left, rock forward on left, recover on right.
- &5 step on ball of left next to right, cross right over left
- 6-7-8 make a 1/4 turn to right stepping back on left, make a 1/4 turn to right stepping forward on right,
step forward on left

B Pattern

1-9 Kick ball rock, recover, side, sailor, lock, triple with 1/4

- 1&2 kick right forward, step on ball of right next to left, rock forward on left
- 3-4 recover on right, step left to left side
- 5&6 step right behind left, step together with left, step right to right
- 7 lock left behind right
- 8&1 make a 1/4 turn to right as you step forward on right, lock left behind, step forward on right

10-16 Cross, back, back, cross, back, 1/2, forward

- 2-3 cross left over right, step back on right
- 4-5 step back on left, cross right over left
- 6-7-8 step back on left, make a 1/2 turn to right stepping forward on right, step forward on left

17-24 Popeye Steps into 1/4, step, 1/2, triple

- 1& step right to right as you flick left back, step together with left
- 2& step right to right as you flick left back, step together with left
- 3& step right to right as you flick left back, step together with left
- 4-5 make a 1/4 turn to right stepping forward on right, step forward on left
- 6 make a 1/2 turn to right stepping forward on right
- 7&8 step forward on left, step together with right, step forward on left

25-32 Toe strut, diagonal triple, out out, rock back recover

- 1-2 step diagonally out to right on right toe, step down on right foot
 - 3&4 step diagonally forward to left on left, bring right to left, step diagonally out to left with left
 - 5-6 step right out to right, step left out to left
 - 7-8 rock back on right, recover on left
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C pattern

1-8 Hip rolls, coaster, step, triple

- 1-2-3 make a 1/4 turn to the left as you step right to right as you roll hips to the right, roll hips to the right, roll hips to the right
4&5 step back on left, step together with right, step forward on left as you make a 1/4 turn to the left
6 step forward on right
7&8 step forward on left, step together with right, step forward on left

9-16 Hip rolls, coaster, shoulder pushes

- 1-2-3 make a 1/4 turn to the left as step right to right as you roll hips to the right, roll hips to the right, roll hips to the right
4&5 step back on left, step together with right, step forward on left as you make a 1/4 turn to the left, as you step forward on left, push left shoulder forward
6 push right shoulder back
7-8 push left shoulder forward as you tap left heel, (neutral on the & count)
push left shoulder forward as you tap left heel

17-24 1/4 with body pump, 1/4 coaster, 1/4 with body pump, 1/4 coaster

- 1-2 make a 1/4 turn to left as you step right to right and pump body, bump body
3&4 step back on left, step together with right, step forward on left as you make a 1/4 turn to left
5-6 make a 1/4 turn to left as you step right to right and pump body, bump body
7&8 step back on left, step together with right, step forward on left as you make a 1/4 turn to left

25-32 1/4 with body pump, 1/4 rock/recover, shoulder pushes

- 1-2 make a 1/4 turn to left as you step right to right and pump body, bump body
3-4 rock back on left as you make a 1/4 turn to left, recover on right
5-6 step forward on left as you push left shoulder forward, push right shoulder back
7-8 push left shoulder forward as you tap right heel, (neutral on the & count),
push left shoulder forward as you tap right heel

Have fun!!!