

8 Seconds Intro - Start on Lyrics

SECTION 1 Step, Lock, Step, Step Lock, Step, Heel Switches, Half turn Left

- 1,2& Step Right (to right diagonal), Lock Left behind right, Step right forward
3,4& Step Left (to left diagonal), Lock Right behind Left, Step Left Forward
5&6& Right Heel Dig, Step right in place, Left Heel Dig, Step left in place,
7,8 Right step forward, pivot ½ turn left

**SECTION 2 Forward, side, & side switch with ¼ turn left & kick & sweep into Left Sailor,
Right Sailor**

- 1,2 & Touch Right Toe Forward, Touch Right toe to right side, Step right in place,
3,4 touch left toe to left side, turn ¼ turn left & kick leg forward then sweep
5&6 Cross left behind right. Step right to right side. Step left to place.
7&8 Cross right behind left. Step left to left side. Step right to place

SECTION 3 Skate, Skate, Left Shuffle, Toe Touch Forward, Toe touch back, 1/2 turn Right, Hook

- 1,2 Skate left, skate right
3&4 Step forward left. Close right beside left. Step forward left.
5,6 Touch Right Toe forward, Touch right toe back
7,8 ½ turn Right, Hook Right Leg across Left Leg

SECTION 4 Right Shuffle, Left Shuffle, Step 1/8 turn to left, Step 1/8 turn left

- 1&2 Step forward right. Close left beside right. Step forward right
3&4 Step forward left. Close right beside left. Step forward left.
5,6 Step forward on right making 1/8 turn to left
7,8 Step forward on right making 1/8 turn to left

TAG

At the end of walls 3 & 6 (End of Wall 3 Facing back wall, End of wall 6, facing front wall)

Heel Switches & Clap

- 1&2& Right heel forward, Step right in place, Left heel forward, Step left in place
3,4 Right Heel forward, Clap Hands once
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