
8 count intro, approx. 4 seconds**Section 1. Kick Out Out, Knee In Out, Sailor Step X 2**

- 1&2 Kick R foot forward, step R to side, step L to side
3 – 4 Bend R knee in, bend R knee out
5&6 Cross R behind L, step L to side, step R to side (travelling slightly back)
7&8 Cross L behind R, step R to side, step L to side

Section 2. Back Rock, Kick Ball Step, Tap Back, Coaster Step

- 1 – 2 Rock back on R foot, recover on to L
3&4 Kick R forward, step R next to L, step a big step forward on L
5 – 6 Tap R behind L, step back on R
7&8 Step back on L, close R next to L, step forward on L

Section 3. Heel Grind, Coaster Step, Scuff Back, Sit Down, Up

- 1 – 2 Grind R heel across L, step L to L side
3&4 Step back on R, close L next to R, step forward on R
5 – 6 Scuff L foot forward, step back on L
7 – 8 Bend knees slightly as you 'sit' back, straighten up (or push hips back, and forwards)

Section 4. Sit Down, Up, Step Turn ¼, Cross, Side, Touch ½ Turn Left

- 1 – 2 Bend knees slightly as you 'sit' back, straighten up (or push hips back, and forwards)
3 – 4 Step forward on left, pivot ¼ R transferring weight to R
5 – 6 Cross L over R, step R to R side
7 – 8 Touch left behind R, make ½ turn L, transferring weight to L

Section 5. Shuffle Forward Step Pivot ¾, Chasse, Back Rock

- 1&2 Shuffle forward R-L-R
3 – 4 Step forward L, pivot ¾ turn R transferring weight to R
5&6 Step L to side, close R next to L, step L to side
7 – 8 Rock back on to R, recover on to L

Section 6. Turn ¼ X 2, Cross Rock, Turn ¼, ½ X 2 Step

- 1 – 2 Turn ¼ L stepping back on right. Turn ¼ L stepping L to side
3 – 4 Cross R over L, recover on to L
5 – 6 Turn ¼ R stepping forward on R, turn ½ R stepping back on L
7 – 8 Turn ½ R stepping forward on R, step forward on L *Restart*
(Easy option for counts 6, 7 walk forward L-R)

Section 7. Forward Rock Out Out Back, Back Out Out Back, Back

- 1 – 2 Rock forward on R, recover on to L
&3,4 Step R to R side, step L to L side, step back on R
5&6 Step back on left, step R to R side, step L to L side
7 – 8 Step back on R, step back on L

Section 8. Back Rock, Kick Ball Step, Step Pivot ½ X 2

- 1 – 2 Rock back on R, recover on to L
3&4 Kick R forward, step R next to L, step forward on L
5 – 6 Step forward on R, pivot ½ turn L
7 – 8 Step forward on R, pivot ½ turn L

Start Again**Restart: Dance to count 48 of wall 2, then restart the dance from the beginning (facing 6 o'clock)**