

16 count intro

Not for the faint-hearted

Section 1 R side, L together, R side, hold, rock back L, recover R, L side, R behind

- 1-2 Step right to right side, step left next to right
- 3-4 Step right to right side, hold for one count
- 5-6 Rock back onto left, recover weight forward onto right
- 7-8 Step left to left side, cross step right behind left

Section 2 L ¼ L, rock forward R, recover L, R over, L back, R over, L back making ¼ R, R forward

- 1-2 Step left ¼ left, rock forward onto right (9 o'clock)
- 3-4 Recover weight back onto left, cross step right over left
- 5-6 Step back onto left, cross step right over left
- 7-8 Step back onto left making ¼ turn right, step right forward (12 o'clock)
(Restart 1 here when using alternative track only – Born to Boogie)

Section 3 L toe strut, rock forward R, recover L, R back toe strut, rock back L, recover R

- 1-2 Left toe forward, drop left heel to floor
- 3-4 Rock forward onto right, recover weight back onto left
- 5-6 Touch right toe back, drop right heel to floor
- 7-8 Rock back onto left, recover forward onto right

Section 4 L scissor step, hold, ¼ L, ¼ L, walk forward R L

- 1-2 Rock left to left side, slide right next to left
- 3-4 Cross step left over right, hold for one count
- 5-6 Make ¼ left stepping right back, make ¼ turn left stepping left forward (6 o'clock)
- 7-8 Walk forward right left

Section 5 R out, L out, R in, L in, toes up, toes down, heels up, heels down

- 1-2 Step right out to right side, step left out to left side (shoulder width apart)
- 3-4 Step right in place, step left next to right
- 5-6 Keeping weight equal, rock back on heels tipping toes up, bring toes down
- 7-8 Keeping weight equal, rock forward onto toes lifting heels up, bring heels down
(when doing 5-6 7-8, lean body forward, take arms out and in – for styling)
(Restart 2 here when using alternative track only – Born to Boogie)

Section 6 Heel Jacks

- 1-2 Step back onto right, touch left heel diagonally forward left
- 3-4 Step left into place, cross step right over left
- 5-6 Step back onto left diagonally, touch right heel diagonally forward right
- 7-8 Step right in place, cross step left over right

NO TAGS OR RESTARTS – YIPPEE!!!!!!

Alternative Track – Born To Boogie – 2 restarts required to keep in phase

Restart 1 – during wall 3, dance up to count 15 (Section 2, ¼ R) then hold for one count – restart

Restart 2 – during wall 6, dance up to count 40 (Section 5, heels up, heels down) – restart facing 6 o'clock

Music download available from iTunes
