
Remember to Vote for your favourite dances in the Linedancer Charts.

- SEC 1 SYNCOPATED HEEL GRIND ¼ TURN, BACK, BACK ROCK, SYNCOPATED HEEL GRIND ¼, BACK, BACK ROCK**
- 1&2 Heel Grind R fwd, Make ¼ turn R, step LF slightly to L, Step RF back (3:00)
3-4 Rock LF back, Recover back onto RF
5&6 Heel Grind L fwd, Make ¼ turn L, step RF slightly to L, Step LF back (12:00)
7-8 Rock RF back, Recover back onto LF
- SEC 2 JUMP APART FWD, HOLD, JUMP BOTH BACK, HOLD, CROSS SAILOR ¼, STEP LOCK STEP**
- &1-2 Jump both feet apart fwd , Hold
&3-4 Jump both feet apart back, Hold
5&6 Step RF across LF, Make ¼ turn R step LF to L, Step RF to R (3:00)
7&8 Step LF fwd, Lock RF behind LF, Step LF fwd
- SEC 3 HEEL JACK, REPLACE ¼ TURN, STEP LOCK STEP, ½ WALKING CIRCLE, STEP LOCK STEP**
- &1-2 Step RF to R, Heel Jack L fwd, Make ¼ turn L step LF back in place (12:00)
3&4 Step RF fwd, Lock LF behind RF, Step RF fwd
5-6 Walking Circle L, R with ½ turn L (6:00)
7&8 Step LF fwd, Lock RF behind LF, Step LF fwd
- SEC 4 HEEL JACK, REPLACE ¼ TURN, STEP LOCK STEP, SIDE, TOUCH TOGETHER, SIDE, TOGETHER**
- &1-2 Step RF to R, Heel Jack L fwd, Make ¼ turn L step LF back in place (3:00)
3&4 Step RF fwd, Lock LF behind RF, Step RF fwd
5-8 Step LF to L, Touch RF beside LF, Step RF to R, Step LF beside RF
Option 5-8 Chest Pushes fwd