

Walk, Walk, ¼ Turn C-Hip Bumps, ¼ Turn Left, ¼ Left, Sailor ¼ Turn

- 1-2 Walk Forward Right, Left (12oc)
 3&4 ¼ Left Step Right To Side (9oc), (C-Bump) Bump R Hip Up And To The Right, Bump R Hip Down To Right Side Ending In A Sit Position With Weight On R (9oc)
Option 3 & 4 Easier Option – Hip Bump, R,L, R End Weight Right
 5-6 ¼ Left Stepping Onto Left (6oc) ¼ Left Step Right To Side (3oc)
 7&8 ¼ Left Turn Sailor, End Left To Side (12oc)

Cross, Side, Sailor Step, Cross, ½ Hinge Turn, Side Shuffle

- 1-2 Cross Right Over Left, Left To Side (12oc)
 3&4 Right Sailor Step
 5-6 Cross Left Over Right, ¼ Left Stepping Back On Right
 7&8 ¼ Left (6oc) Side Shuffle Left (6oc)

Ball Side Rock, Sailor ¼ Left, Rock Forward, Full Turn Backwards

- &1-2 Bring Right Next To Left, Side Rock Left, Recover On Right (6oc)
 3&4 ¼ Sailor Left (3oc)
 5-6 Rock Forward On Right, Recover On Left
 7-8 Full Turn Back Over Right Shoulder (3oc)

Drag Back, Ball Step, Walk, Walk, Rock Forward, Coaster Step

- 1-2 Large Step Back On Right, Drag Left Towards Right
 &3-4 Step Left Together With Right, Walk Forward Right, Left
 5-6 Rock Forward On Right, Recover Left
 7&8 Right Coaster Step

Heel Switch L, R, L, Knee Pops Up/Down, Heels Switch R,L, R Knee Pops Up/Down

- 1&2& Left Heel Dig Forward, Switch Right Heel Forward, Switch Left Heel Forward
 &3&4 Rolling Weight Forward On To Balls Of Feet, Pop Knees Up, Down Weight Left
 5&6& Right Heel Dig Forward, Switch Left Heel Forward, Switch Right Heel Forward
 7&8 Rolling Weight Forward On To Balls Of Feet, Pop Knees Up, Down Weight Left

R Rock Forward, Half Shuffle Right, ¼ Pivot, Cross Shuffle

- 1-2 Rock Forward On Right, Recover On Left
 3&4 ½ Turning Shuffle Over Right Shoulder (9oc)
 5-6 Step Forward Left ¼ Pivot (12oc)
 7&8 Cross Shuffle Left Over Right (12oc)

Syncopated Rocks, R Side, Left Side, R Rock Forward, Left Rock Forward

- 1-2 Side Rock Right, Recover On Left
 &3-4 Step Right Next To Left, Side Rock Left, Recover On Right
 5-6 Step Left Next To Right, Rock Forward On Right, Recover Left
 &7&8 Step Right Next To Left, Rock Forward On Left, Recover Right (12oc)
Restart Dance Here on wall 3 Facing 3o/c
Restart on Wall 4; REPEAT Heel Switch Section At 6oc, Count 40 To 57 Side Rock (Restart At 3oc)
Restart Dance After Count 57 (Side Rock Right)

Step In Place, ¼ Turn Right Jazz Box, Step Out, Out, Heel Twists R, L

- &1-2 Step Left Next To Right, Cross Right Over Left Step Back Left
 3-4 ¼ Turn Right, Stepping Right To Side (3oc) Step Left Next To Right (3oc)
 5-6 Step Forward & Out On Right, Forward & Out On Left
 &7&8 Twist Right Heel In, Right Heel To Centre, Twist Left Heel In, Left Heel To Centre (3oc)

Smile keep your feet happy!