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

**SEC 1 HEEL GRIND, BACK ROCK, ½ BACK SHUFFLE TURN, BACK ROCK**

1-2 RF heel grind fwd, LF recover  
3-4 RF rock back, LF recover  
5&6 RF ½ shuffle back to left (6:00)  
7-8 LF rock back, RF recover

**SEC 2 HEEL GRIND, BACK ROCK, ½ BACK SHUFFLE TURN, BACK ROCK**

1-2 LF heel grind fwd, RF recover  
3-4 LF rock back, RF recover  
5&6 LF ½ shuffle back to right (12:00)  
7-8 RF rock back, LF recover

**SEC 3 FWD, SIDE POINT, BACK, SIDE POINT, CROSS JAZZ BOX ¼**

1-2 RF step fwd, LF point out to left  
3-4 LF step back, RF point out to right  
5-6 RF step across LF, LF step back ¼ R (3:00)  
7-8 RF step right, LF step fwd

**SEC 4 SYNCOPATED FWD ROCKS ¼ TURN, BACK, SIDE HIP PUSH, STEP LOCK STEP FWD**

1-2& RF rock fwd, LF recover, RF step right ¼ R (6:00)  
3-4 LF rock fwd, RF recover  
5-6 LF step back, RF step right ¼ and push hip R (9:00)  
7&8 LF step fwd, RF lock behind LF, LF step fwd

