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SEC 1 HEEL GRIND WEAVE, ROCKING CHAIR

- 1-2 Grind R heel across L, Step L to L
- 3-4 Step R behind L, Step L side as open body to diagonal
- 5-6 Turn $\frac{1}{8}$ L Rock R fwd, Recover back L (10:30)
- 7-8 Rock R back, Recover fwd L

SEC 2 CROSS, POINT, CROSS, FLICK, $\frac{3}{8}$ JAZZ BOX CROSS

- 1-2 Cross R over L, Point L to side
- 3-4 Cross L over R, Flick R foot to R side
- 5-6 Cross R over L, Turn $\frac{1}{8}$ R step L back (12:00)
- 7-8 Turn $\frac{1}{4}$ R step R to side, Cross L over R (3:00)

SEC 3 SIDE, TOUCH, SIDE, TOUCH, SAILOR, BEHIND

- 1-2 Step R to side, Touch L to L side
- Styling** Body Roll R
- 3-4 Transfer weight to L, Touch R to side
- Styling** Body Roll L
- 5-6 Step R behind L, Step L to left
- 7-8 Step R to R, Step L behind R

SEC 4 OUT $\frac{1}{4}$ TURN, BACK, BACK, HOLD, BACK ROCK, BACK ROCK

- 1-2 Step R to R as you pivot $\frac{1}{4}$ R (weight R), Step L back (6:00)
- 3-4 Step R back, Hold
- 5-6 Rock L back, Recover fwd on R
- 7-8 Rock back on L, Recover fwd on R

SEC 5 $\frac{3}{4}$ TRIPLE BOX, $\frac{1}{4}$ TURN BACK ROCK

- 1&2 Turn $\frac{1}{4}$ R step L to side, Step R next L, Step L to side (9:00)
- 3&4 Turn $\frac{1}{4}$ R step R to side, Step L next to R, Step R to side (12:00)
- 5&6 Turn $\frac{1}{4}$ R step L to side, Step R next to L, Step L to side (3:00)
- 7-8 Turn $\frac{1}{4}$ R rock back R, Recover L fwd (6:00)

SEC 6 CROSS, POINT, CROSS, POINT, JAZZ BOX TOUCH

- 1-2 Cross R over L, Point L to left
- 3-4 Cross L over R, Point R to R
- 5-6 Cross R over L, Step L back
- 7-8 Step R to R, Touch L next to R

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SEC 7 SIDE DRAG, BACK ROCK, HEELS, TOES, HEELS, HOLD

- 1-2 Big L step to left, Drag R to L
- 3-4 Rock R back, Recover L fwd
- 5-6 Step R side as twist both heels to R, Twist toes to R
- 7-8 Twist heels to R, Hold

SEC 8 HEELS, TOES, HEELS, HOLD, BACK, TOUCH, BACK, TOUCH

- 1-2 Twist both heels to left, Twist toes to left
- 3-4 Twist heels to left (weight on L), Hold
- 5-6 Step R back, Touch L toe slightly fwd
- 7-8 Step L back, Touch R toe slightly fwd

Restart Here on Wall 4

SEC 9 HEEL GRIND WEAVE, DIP & DIP WEIGHT

- 1-2 Grind R heel across L, Step L to L side
- 3-4 Step R behind L, Step L to left
- 5-6 Keeping weight on L turn R knee into left knee, Turn R knee out
- 7-8 Turn R knee into left knee, Turn R knee out as you take weight on R

SEC 10 HEEL GRIND WEAVE, HOP FWD, HOLD, KNEE POPS

- 1-2 Grind L heel across R, Step R to R side
- 3-4 Step L behind R, Step R to R
- &5-6 Hop L fwd, Hop R fwd, Hold
- &7 Lift both heels & bend knees, Drop both heels & straighten knees
- &8 Lift both heels & bend knees, Drop both heels & straighten knees weight on L

