
Back Rock, Shuffle Forward, Step $\frac{3}{4}$ Turn Chasse Left

- 1-2 Rock right foot back, recover weight on to left (facing 12 0' Clock wall)
- 3&4 Shuffle forward R-L-R
- 5-6 Step left foot forward left, make $\frac{3}{4}$ turn right
- 7&8 Step left to left, step right beside left, step left to left side (facing 9 0' Clock wall)

Back Rock $\frac{1}{2}$ Turn Cross Kick Ball Cross, Step Side

- 1-2 Rock right foot back slightly behind left, recover weight forward on left foot
- 3-4 Make a $\frac{1}{4}$ turn left stepping back right, make $\frac{1}{4}$ turn left stepping left to left side
- 5 step right over left
- 6&7 Kick left foot forward to left diagonal, step left beside right, step right over left
- 8 Step left foot to left side (facing 3 0' Clock wall)

Sailor Step Right & Left, Scuff Step Knee Twist $\frac{1}{4}$ Turn

- 1&2 step right behind left, step left beside right, step right slightly to right side
- 3&4 Step left behind right, step right beside left, step left slightly to left side
- 5-6 Scuff right heel beside left leading into a slight hitch, touch right toe to right side
- 7-8 Push right knee in towards left knee, as you push right knee out to right side make a $\frac{1}{4}$ turn right (facing 6 0' Clock wall)

Heel Switches, $\frac{1}{2}$ Turn, $\frac{1}{4}$ Sailor Heel Jack Hold Clap

- 1&2 Touch right heel forward, switch and touch left heel forward
- &3-4 Step left beside right, and step forward right foot, make $\frac{1}{2}$ turn left
- 5 make a further $\frac{1}{4}$ turn left stepping right foot to right side
- 6&7 Step left behind right, step right back slightly towards the right diagonal, touch left heel forward towards the left diagonal
- 8 Hold & clap (facing 9 0' Clock wall)

& Cross $\frac{1}{2}$ Turn Rock Step, Side Cross & Heel

- &1-2 Step left beside right, cross right over left, make $\frac{1}{4}$ turn right stepping left back
- 3-4 Make $\frac{1}{4}$ turn right stepping right foot to right side, rock left over right
- 5-6 Recover weight back on right, step left foot to left side
- 7&8 Cross right over left, step left foot back towards left diagonal, touch right heel forward (facing 3 0' Clock wall)

& Cross $\frac{1}{4}$ Coaster Step, Step $\frac{1}{4}$ Turn, Syncopate Forward Right, Left

- &1-2 Step right beside left, cross left over right, making $\frac{1}{4}$ turn left step back right foot
- 3&4 Step left foot back, close right to left, step forward left foot
- 5-6 Step right forward, make $\frac{1}{4}$ turn left
- &7-8 Syncopate forward Right, Left, CLAP (facing 9 0' Clock wall)

Big finish: When you do the last wall you will end on facing 9 0' Clock wall you can finish the dance by turning to face the front ($\frac{3}{4}$ turn left) cross over unwind

Happy dancing... remember to turn the volume up
