

**LEFT SAILOR, ROCK BACK, FORWARD, RIGHT SHUFFLE FORWARD, FULL TURN RIGHT**

- 1 & 2 Cross left behind right, step right to right side, step left to center  
3 - 4 Rock back onto right, rock step forward on left  
5 & 6 Shuffle forward right stepping right-left-right  
7 - 8 Turning a full turn right traveling forward (turn 1/2 turn right while stepping back on left, turn a further 1/2 turn right completing full turn stepping forward on right)

**ROCK FORWARD, BACK, 1/2 TURN, STEP FORWARD, CROSS BACK, BACK, LEFT SHUFFLE**

- 1,2,3 Rock forward on left, rock back onto right, turn 1/2 turn left and step left forward  
4,5,6 Box step- cross right over left, step back on left, step right to right side  
7 & 8 Shuffle forward left stepping left-right-left

**BALL JACKS- BACK, HEEL, BACK, TOUCH TWICE, BACK, HEEL, BACK, STEP FORWARD, LEFT SHUFFLE**

- & 1 & 2 Step back on right touching left heel forward, step back on left touching right beside left  
& 3 & 4 Step back on right touching left heel forward, step back on left touching right beside left  
& 5 & 6 Step back on right touching left heel forward, step back on left, step forward on right  
7 & 8 Shuffle forward left stepping left-right-left

**RIGHT SIDE ROCK, 1/4 TURN LEFT TWICE, ROCK FORWARD, ROCK BACK, 1/2 TURN RIGHT WITH CHA-CHA**

- 1 - 2 Rock on right to side, return weight to left turning 1/4 turn left  
3 - 4 Rock on right to side, return weight to left turning 1/4 turn left  
5 - 6 Rock forward right, rock back on left  
7 & 8 Turn 1/2 turn right stepping right-left-right in place

**LEFT SIDE ROCK, 1/4 TURN RIGHT TWICE, ROCK FORWARD, ROCK BACK, 1/2 TURN LEFT WITH CHA-CHA**

- 1 - 2 Rock on left to side, return weight to right turning 1/4 turn right  
3 - 4 Rock on left to side, return weight to right turning 1/4 turn right  
5 - 6 Rock forward on left, rock back onto right  
7 & 8 Turn 1/2 turn left stepping left-right-left in place

**HIP BUMPS TO SIDE, SHIFT ROCK TO LEFT, SHIFT ROCK TO RIGHT**

- 1,2,3,4 Step right to right side bumping hips to right 4 times  
5 - 6 Bend knees and shift weight to left ending with right toe in the air  
7 - 8 Bend knees and shift weight to right ending with left toe in the air

**REPEAT**