

FORWARD, BACK, CHA, CHA, CHA, BACK, FORWARD, CHA, CHA, CHA

- 1-2 Rock left forward, recover onto right
- 3&4 Step left together, step right together, step left together
- 5-6 Rock right back, recover onto left
- 7&8 Step right together, step left together, step right together

¼ RIGHT, CHA, CHA, CHA, ROCK RIGHT, RECOVER, CHA, CHA, CHA

- 1-2 Step left forward, turn ¼ right (weight to right)
- 3&4 Step left together, step right together, step left together
- 5-6 Rock right to side, recover onto left
- 7&8 Step right together, step left together, step right together

STEP, PIVOT, STEP, TOUCH, STEP, PIVOT, STEP, TOUCH

- 1-2 Step left forward, turn ½ right (weight to right)
- 3-4 Step left forward, touch right together
- 5-6 Step right forward, turn ½ left (weight to left)
- 7-8 Step right forward, touch left together

ROCK LEFT, RECOVER, CHA, CHA, CHA, ROCK RIGHT, RECOVER, ¼ SAILOR

- 1-2 Rock left to side, recover onto right
- 3-4 Step left together, step right together, step left together
- 5-6 Rock right to side, recover onto left
- 7-8 Turn ¼ right and cross right behind left, step left to side, step right together