Choreographer: Peter & Rhiannon Fry & Sandy Allen

- 1-2&3Step right forward to right 45, lock left behind right, step right forward to right 45, step left forward to left 45
- 4&5-6Lock right behind left, step forward on left, step right forward to right 45, step left in place 7&8Push right knee to right, push right kneed to left, push right knee to right
- 1&2-3&Step left behind right, step right to right side, step left to left side, step right behind left, step left to left, side
- 4&5-6Step right to right side, step left beside right, step right to right side, replace weight onto left 7-8Step right behind left, make ½ left and step left forward, step right forward
- 1-2-3&4Rock forward left, replace weight back onto right, step left back, step right together, step left back
- &5-6-7Step right back, touch left toe back, make ½ turn left and transfer weight to left, kick right forward &8Step right beside left, step left forward
- 1-2-3Rock forward right, replace weight back onto left, make ¼ turn right stepping right to right side 4-5&6Replace weight back to left, kick right across in front of left, step right to right side, kick left across in front of right
- &7-8Step left to left side, cross rock right over in front of left, replace weight onto left
- 1-2Make ¼ turn right stepping right forward, make ¼ turn right stepping left to left side
- 3-4&Step right behind left, make ¼ turn left stepping left forward, make ¼ turn left stepping right to right side
- 5-6Make ¼ turn left crossing left in front of right, step right back
- 7-8Make ½ turn left stepping left forward, scuff right beside left
- &1&2&Step right forward, touch left toe behind right heel, step left back, touch right heel forward, step right beside left
- 3-4-5-6Step left forward, step right forward, step left back, make ½ turn right stepping right forward
- 7-8&Make ½ turn right stepping left back, make ½ turn right stepping right forward, step left beside right