Start after 48 Beats. 1-4 RUNNING MAN: (RIGHT AND LEFT) AND FORWARD ROCK BACK 1\& Step forward onto right, scoot right back while lifting left (\&), 2\& Step forward onto left, scoot left back while lifting right (\&), 3\&4 Step forward onto right, recover onto left in place (\&), step back onto right 5-8 * LEFT COASTER, STEP HALF $1 \& 2$ Step back onto left, step right beside left (\&), step forward onto left 3 Step forward onto right 4 Pivot $1 / 2$ left taking weight onto left * 9-12 QUARTER SIDE ROCK, QUARTER BACK ROCK, SHUFFLE FORWARD 1 Turn $1 / 4$ left while lifting right before stepping right out to side, \& Recover onto left in place (\&) 2 Turn $1 / 4$ right while lifting right before stepping back onto right, \& Recover onto left in place (\&) 3\&4 Step forward onto right, step left beside right (\&), step forward onto right 13-16 ** STEP QUARTER, CROSS SIDE, SAILOR QUARTER $1 \&$ Step forward onto left, pivot $1 / 4$ right taking weight onto right (\&) 2\& Step left across in front of right, step right out to side (\&) 3\&4 Step left behind right, step right out to side (\&), turn 1/4 left then step left in place ** 17-20 CROSS SAMBA, ROCK RECOVER QUARTER $1 \& 2$ Step right across in front of left, step left out to side ( $\&$ ), 2 recover onto right in place 3\& Step forward onto left, recover back onto right in place (\&) 4 Turn $1 / 4$ left then step left out to side 21-24 CROSS SAMBA, ROCK RECOVER QUARTER 1\&2 Step right across in front of left, step left out to side (\&), 2 recover onto right in place 3\& Step forward onto left, recover back onto right in place (\&) 4 Turn $1 / 4$ left then step left out to side $25-28{ }^{* * *}$ ROCK RECOVER HALF, STEP HALF FORWARD $1 \&$ Step forward onto right, recover onto left in place (\&), 2 Turn 1/2 right then step forward onto right 3\& Step forward onto left, pivot $1 / 2$ right taking weight onto right (\&) 4 Step forward onto left *** 29-32 WALK, WALK, STEP QUARTER 5,6 Step forward onto right, step forward onto left, 7,8 Step forward onto right, pivot $1 / 4$ left taking weight onto left This Dance is choreographed to have a funky bouncy feel especially on the 'Rock Recover' steps. RESTARTS: (easier than they look!) - "the music tells you" On wall 2, (starts 9 o'clock) dance up to count 8 (*), then restart. (Restarting to 3 o'clock wall) On wall 5, (starts 9 o'clock) dance up to count 16 (**) then restart. (Restarting to 3 o'clock wall) On wall 8, (starts 9 o'clock) dance up to count 16 (**) then restart. (Restarting to 3 o'clock wall) On wall 10, (starts to front) dance up to count 28 (***) then restart. (Restarting to front) FINISH: On wall 13, (the only time you start the dance to the back wall) dance up to count 8 , finishing to the front, at approximately 3 minutes 40 seconds. Fade music.

