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Sequence : AB TAG TAG AB CB CB Ending

Intro : wait 32 counts -16 count intro dance - A starts when vocals start

### Intro:

#### 1 – 8: RIGHT CROSS POINT, SIDESTEP , LEFT CROSS POINT, SIDESTEP, 1/4 TURN LEFT X 2

- 1 - 2 Point right over left, Step right to right side
- 3 - 4 Point left over right, Step left to left side
- 5 - 6 Step forward on right, 1/4 turn left
- 7 - 8 Step forward on right, 1/4 turn left

9 – 16 Repeat 1 – 8

### SECTION A

#### 1–8: RIGHT HEELDIG, BEHIND SIDE CROSS, LEFT HEELDIG, BEHIND SIDE TOGETHER

- 1 - 2 Dig right heel in floor twice
- 3& 4 Cross right behind left, step left to left side, cross right over left,
- 5 - 6 Dig left heel in floor twice
- 7& 8 Cross left behind right, step right to right side, put left next to right,

#### 9–16: WALK FORWARD R, L, MAMBO FORWARD, WALK BACK L, R, MAMBO BACK

- 1 - 2 Walk forward right then left
- 3& 4 Rock forward on right & recover on left, put right next to left
- 5 - 6 Walk back left then right
- 7& 8 Rock back on left & recover on right, put left next to right

#### 17–24: SIDESTEP, TOUCH, SIDESTEP, TOUCH, WALK AROUND FULL TURN

- 1 - 2 Step right to right, touch left beside right,
- 3 - 4 Step left to left, touch right beside left,
- 5 - 8 Walk in right circle , right then left then right then left

#### 25 – 32: LOCKSTEP, TOUCH BEHIND, BACK LOCKSTEP, TOUCH IN FRONT, WALK WALK, ROCK AND TURN

- 1 & 2 & Step forward on right, lock left behind right, step forward on right, touch left too behind right
- 3 & 4 & Step back on left, lock right in front of left, step back on left, touch right too in front of left
- 5 - 6 Walk right Walk left
- 7 & 8 Rock forward on right & recover on left, Turn ½ over right shoulder

### SECTION B

#### 1–8: LEFT HIP ROLL STEP, SYNCOPATED VINE

- 1-3 Roll left hip in a circle starting forward then left, back, right, forward
- 4-5 Finish hip roll with a ¼ turn for your body and side step to left, step side left
- 6&7-8 Cross behind right, side right, cross front left, side left

#### 9–16: RIGHT HIP ROLL STEP, SYNCOPATED VINE

- 1-3 Roll right hip in a circle starting forward then right, back, left, forward
- 4-5 Finish hip roll with a ¼ turn for your body and side step to right, step side right
- 6&7-8 Cross behind left, side right, cross front left, side right

#### 17–24: ROCK STEP, COASTERSTEP, STEP ½ TURN , STEP, WALK, WALK (with shimmy)

- 1-2 Rock forward on left, recover on right
- 3&4 Step left back, step right beside left, step left forward
- 5-6 Step forward on right, turn ½ left,
- 7-8 Walk forward, right, left

#### 25–32: ROCK STEP, COASTERSTEP, STEP ½ TURN,STEP, WALK, WALK (with shimmy)

- 1-2 Rock forward on right, recover on left
  - 3&4 Step right back, step left beside right, step right forward
  - 5-6 Step forward on left, turn ½ right,
  - 7-8 Walk forward, left, right
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**SECTION C****1-8: LEFT CROSS POINT, POINT, SYNCOPATED JAZZBOX, RIGHT CROSS POINT, POINT, SYNCOPATED JAZZBOX**

- 1 - 2 Point left over right, Point left to left side
- 3 & 4 Cross left over right, Step right back and slightly to the side
- 5 - 6 Point right over left, Point right to right side
- 7 & 8 Cross right over left, Step left back and slightly to the side

**9-16: 1/4 PADDLE TURN X 2, L MAMBO FW, R MAMBO BACK,**

- 1 - 2 Step forward on left, 1/4 turn right
- 3 - 4 Step forward on left, 1/4 turn right
- 5 & 6 Rock forward left, step in place right, return left beside right
- 7 & 8 Rock back right, step in place left, return right beside left

17-32: REPEAT 1 - 16

**TAG : APPLEJACKS, SLOW APPLEJACKS, STEP TURN STEP**

- 1 Swivel left toes to left-right heel to left (feet are in V position with toes pointed out)
- & Swivel left toes back to centre - right heel back to centre (transfer weight)
- 2 Swivel right toes to right - left heel to right (feet are in V position with toes pointed out)
- & Swivel right toes back to centre - left heel back to centre (transfer weight)
- 3 Swivel left toes to left-right heel to left (feet are in V position with toes pointed out)
- & Swivel left toes back to centre - right heel back to centre (transfer weight)
- 4 Swivel right toes to right - left heel to right (feet are in V position with toes pointed out)
- & Swivel right toes back to centre - left heel back to centre (transfer weight)
- 5 Swivel left toes to left-right heel to left (feet are in V position with toes pointed out)
- 6 Swivel left toes back to centre - right heel back to centre (weight on left)
- 7 & 8 Step forward on right, 1/2 turn left , put right next to left

9 - 16 Repeat 1 - 8

**Ending** 4 Counts - Make extra walks with Shimmy

Remember to enjoy dancing

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Music download available from iTunes

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