## 1-7 Step, Twist, Back, Turn, Turn, Cross, Hitch, Cross

1-2 Step left foot forward, Touch the right toe forward and to the right while twisting top part of body to the right
3 Step the right foot back and slightly past the left (12:00)
$4 \& 5$ Make $1 / 4$ turn left on ball of right foot, Make $1 / 2$ turn left on ball of left foot, Cross and weight the left foot over right
6-7 Bending the right leg-bring it up and around the left, Cross and weight the right foot over the left (3:00)

8-15 Back, Home, Cross, Sway, Sway, Sailor Step, Rock \& Turn
8\&1 Step left foot back, Step right foot next to left, Cross left foot over right (3:00)
2-3 Step right foot out to right while pushing hips right, Push hips left
4\&5 Step right foot behind left, Step left foot next to right, Step right foot slightly forward
6\&7 Rock forward on left foot, recover weight to ball of right, Make $1 / 4$ turn left on ball of right while stepping left foot left (12:00)

16-23 Cross, Back, Home, Rock, Recover, Side, Together, Turn, Step, Pivot
8\&1 Sweep right foot around left weighting the right, Step left foot back, Step right foot next to left weighting the right
2-3 Rock left foot over right, Recover weight back to right foot
4\&5 Step left foot left, Close right foot next to left, Step left foot $1 / 4$ turn left (9:00)
6-7 Step right foot forward, Pivot $1 / 2$ turn left while stepping left foot small step forward weighting the left (3:00)

24-32 Side Rock, Cross, Side Rock, Front, Rock, Recover, Turn, Step, Pivot, Full Turn
8\&1 Rock right foot out to right, Recover weight to ball of left, Cross right over left
2\&3 Rock left foot left, Recover weight to ball of right, Step left foot forward
4\&5 Rock forward on right foot, Recover weight to ball of left, Spin $1 / 2$ turn right on ball of left while stepping forward on right $(9: 00)$
6-7 Step forward on left foot, Pivot $1 / 2$ turn right while stepping forward with right (Weight the right) (3:00)
8\& Make $1 / 2$ turn right on ball of right stepping back on left, Make $1 / 2$ turn right on ball of left stepping forward on right (3:00)

Start the dance again!

## Restart: (More Than Life Only)

(After completing 3 walls, do the first 8 counts of the dance. For the next "\&1" (Count 9), make sure you step forward with the left and not crossed over right)

