I'm a Trainwreck

Intro: 32 counts - No Tag, No Restart

[1-8] SHUFFLE FWD, ROCK FWD, RECOVER, SHUFFLE BACK, ROCK BACK, RECOVER,

1&2	Step R forward, step L together R, Step R forward
3-4	Rock step L forward, recover on R
5&6	Step L forward, step R together L, Step L forward
7-8	Rock step R back, recover on L

[9-16] CROSS POINT (x4)

1-2	Cross step R over L, point L to left side
3-4	Cross step L over R, point R to right side
5-6	Cross step R over L, point L to left side
7-8	Cross step L over R, point R to right side

[17-24] CROSS ROCK, SHUFFLE SIDE to R, CROSS ROCK, SHUFFLE SIDE to L

1-2	Cross step R over L, recover on L
3&4	Step R to right side, step L together R, step R to right side
5-6	Cross step L over R, recover on R
7&8	Step L to left side, step L together R, Step L to left side

[25-32] STEP ¼ TURN to L (x2), HEEL FWD, HOOK, HEEL FWD, FLICK OUT

1-2	Step R forward, ¼ turn to left side
3-4	Step R forward, ¼ turn to left side (6:00)
5-6	Heel R forward, hook R over L
7-8	Heel R forward, flick R out