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- 1 Walk, Walk, Shuffle, Rock, Recover, Shuffle Back**  
1, 2 Walk forward on Right, Walk Forward on Left  
3 & 4 Right foot forward, Left foot behind Right, Right foot forward  
5, 6 Rock forward on Left, Recover onto Right  
7 & 8 Left foot back, Right foot lock in front of Left, Left foot back
- 2 Touch, Back, Touch, Back, 4x 1/4 Turn with Touch**  
1, 2 Touch Right to Right side, Right foot back  
3, 4 Touch Left foot to Left side, Left foot back  
5, 6 Touch Left to Left side with 1/4 turn Right, Touch Left to Left side with 1/4 turn Right  
7, 8 Touch Left to Left side with 1/4 turn Right, Touch Left to Left side with 1/4 turn Right
- 3 Step, Touch 1/4 Turn, Shuffle, Step, 1/2 Turn, Kick Ball Change**  
1, 2 Step Left to Left side, Touch Right next to Left with 1/4 turn Right  
3 & 4 Right foot forward, Left foot behind Right, Right foot forward  
5, 6 Step Left foot forward, 1/2 turn Right  
7 & 8 Kick Left foot forward, Left foot next to Right, Right foot next to Left
- 4 Step, Lock, Step-Lock-Step, Side Rock, Sailor Step**  
1, 2 Step Right diagonally forward, Lock Left behind Right  
3 & 4 Step Right diagonally forward, Lock left behind Right, Right foot diagonally forward  
5, 6 Rock Left to Left side, Recover onto Right  
7 & 8 Left behind Right, Right to Right side, Left to Left side
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