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- 1 & 2 Side shuffle right (right to side, slide left together, step right to side)
3,4 Step left behind right, step right to side
5,6 Step left across right, step right to side
& 7 Slide left next to right, step right to side
& 8 Rock back left, step in place right
9 & 10 Side shuffle left (left to side, slide right together, step left to side)
11,12 Step right behind left, step left to side
13,14 Step right across left, step left to side
& 15 Slide right next to left, step left to side
& 16 Rock back right, step in place left
17 & 18 Side shuffle right
19,20 Rock back left, step in place right
21 & 22 Side shuffle left
23,24 Rock back right, step in place left

/When you do this part, angle your body to face diagonally to the right

- 25 & 26 Right shuffle to the forward right diagonal
27 & 28 Left shuffle forward turning 1/2 to the right

/You will be facing the left rear diagonal

- 29 & 30 Step back right, together left, step forward right (coaster step)
31 & 32 Left shuffle forward

/Still facing the left rear diagonal. At the beginning of the next pattern you will turn 1/8 right as you start the right side shuffle

REPEAT

/There are two widely available versions of "Animate". The studio version is on an album called "Counterparts" and the live version is on an album called "Different Stages"

/If you use the studio version, start dancing ten beats after the drums start The phrase pattern is

/AAA BBB AA BBB AA ABB ABB C AAA...

/If you use the live version, you start dancing about 18 beats after the drums start The phrase pattern is

/AAA ABB AA BBB AA ABB ABB C AAA...

/The A phrase is the 32-count dance above, the B and C phrases are described below.

PHRASE B

- 1 & 2 Side shuffle right
3,4 Rock back left, step in place right
5 & 6 Side shuffle left
7,8 Rock back right, step in place left
9 & 10 Right forward shuffle while turning left 1/4
11,12 Rock back left, step in place right
13 & 14 Side shuffle left
15,16 Rock back right, step in place left
17 & 18 Step right forward, step left next to right, step right back
19 & 20 Step left back, step right next to left, step left forward
21,22 Stomp right next to left with weight, stomp left next to right with weight
23,24 Clap, clap

Phrase C

- 1,2 Bump hips to the right, bump hips to the left

/End with weight on left foot