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- 1 - 4 Twist heels, left, center, left, center
5 - 8 Right 45, right together, right 45, right together
9 - 12 Step forward on right, lock left behind right, step forward on right, scuff left
13 - 16 Step forward on left, lock right behind left, step forward on left, scuff right
17 - 20 Step right to side, cross left behind right, step right to side, cross left in front of right
21 - 24 Step right to side, hitch left knee and slap knee with right hand, touch left toe to side, hitch left knee and slap knee with right hand
25 - 28 Step left to side, cross right behind left, step left to side, cross right in front of left
29 - 32 Step left to side, hitch right knee and slap knee with left hand, touch right toe to side, hitch right knee and slap knee with left hand
33 - 36 Step right to side, hitch left knee and slap knee with right hand step left to side, hitch right knee and slap knee with left hand
37 - 40 Step right to side, slap left heel behind right knee with right hand step left to side, slap right heel behind left knee with left hand
41 - 44 Right 45, brush right up to left knee, right 45, right together
45 - 48 Left 45, brush left up to right knee, left 45, left together
49 - 52 Step left to side turning 1/4 turn left, step/lock right behind left, step forward on left, stomp right next to left
53 - 56 Frieze back right-left-right, bring left together
57 - 60 Jumping jack-jump feet apart, jump feet together crossing right over left, jump feet apart, jump feet together
61 - 64 Left 45, left together, left 45, left together

REPEAT