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- KICK, KICK, TOUCH, CLAP, CLAP**
1 & 2 & Kick right over left, step right beside left, kick left over right, step left beside right
3 - 4 Touch right toes over left, hold & clap twice
5 - 8 Repeat counts 1-4 starting on left
- SWEEP, STEP, SWEEP, STEP**
9 - 10 Sweep left round behind right over 2 counts & step on it
11 - 12 Sweep right round behind left over 2 counts & step on it
- SWEEP 1/2 TURN, SHUFFLE**
13 - 14 Sweep left round making 1/2 turn left over 2 counts
15 & 16 Shuffle to left (left-right-left)
- HEEL JACK WITH 1/4 TURN, SHUFFLE**
& 17 & 18 Step back on right, touch left heel forward, step left in place, step forward on right into a 1/4 turn left
19 & 20 Shuffle forward (left-right-left)
- ROCK STEP, PIVOT 1/2 TURN**
21 - 24 Rock forward on right, rock back onto left, step back on right, pivot 1/2 turn right
- RUNNING MAN**
& 25 & 26 Scoot right back, step forward on left, scoot left back, step forward on right
& 27 & 28 Repeat
- ROCK FORWARD & TOGETHER, ROCK BACK & TOGETHER**
29 & 30 Rock forward on left, rock back onto right, step left beside right
31 & 32 Rock back on right, rock forward onto left, step right beside left
- OUT OUT, IN IN, OUT OUT, IN IN, TRAVELING BACK**
& 33 & 34 Step out left, step out right, step in left, step in right
& 35 & 36 Repeat
- APART, CROSS, UNWIND, CLAP**
37 - 40 Jump feet apart, jump feet together crossing right over left, unwind a full turn left, clap.
- JUMP STEPS**
41 - 42 With both feet together jump to right, jump to left
43 & 44 Jump to right, jump to left, jump to right
45 - 48 Repeat 41-44 starting to left
- SHUFFLE 1/2 TURNS**
49 & 50 Shuffle forward right-left-right, making a 1/2 turn left
51 & 52 Shuffle back left-right-left, making a 1/2 turn left
- SWITCH STEPS, ROCK STEP**
53 & 54 & Touch right heel forward, step right beside left, touch left heel forward, step left beside right
55 - 56 Rock forward on right, rock back on left
- SWITCH STEPS, ROCK STEP**
& 57 & 58 Step right beside left, touch left heel forward, step left beside right, touch right heel forward
& 59 - 60 Step right beside left, rock forward on left, rock back onto right
- SHUFFLE BACK, STEP 1/2 TURN**
61 & 62 Shuffle back left-right-left
63 - 64 Step back on right making a 1/2 turn right, step left beside right
- REPEAT**
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