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| 1 | Step right to side |
| 2 & 3 | Step left behind right, step right to side, step left in front of right |
| 4 | Step right to side |
| 5 | Rock/step left to side |
| 6 & 7 | Step right behind left, step left to side, step right in front of left |
| 8 | Step left to side |
| 9 & | Touch right heel 45 degrees forward, step right beside left |
| 10 & | Touch left heel 45 degrees forward, step left beside right |
| 11 | Touch right heel 45 degrees forward |
| 12 | Hold & clap |
| & 13 & | Step right beside left, touch left heel 45 degrees forward, step left beside right |
| 14 & | Touch right heel 45 degrees forward, step right beside left |
| 15 | Touch left heel 45 degrees forward |
| 16 | Hold & clap |
| & 17 - 18 | Step left beside right, step forward right, step forward left |
| 19 & 20 | Step forward right, step left beside right, kick right forward |
| 21 & | Step right back, turn 1/2 turn left |
| 22 | Step forward left |
| 23 & 24 | Shuffle forward right-left-right |
| 25 | Step left to side swaying hips left |
| 26 & | Rock onto right swaying hips right, turn 1/4 turn left |
| 27 | Step left to side swaying hips left |
| 28 | Rock onto right swaying hips to right |
| 29 - 30 | Step forward left, step right behind left |
| 31 & 32 | Shuffle forward left-right-left |
| 33 - 34 | Step right to side, step left behind right |
| 35 & 36 | Step right across front of left, step left to left side, step right across front of left |
| 37 - 38 | Step left to side, rock onto right |
| & 39 - 40 | Turn 1/2 turn left (on right foot) & step left to side, hold |
| 41 - 44 | Bumps hips to right twice, bumps hips to left twice |
| 45 - 48 | Step forward right, step left beside right, step forward right, step left beside right |

/For added challenge a full turn left can be executed during last four beats

REPEAT