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- 1 & 2 Rock forward right, rock back left, step right next to left
3 & 4 Rock forward left, rock back right, step left next to right
1 & 2 Rock forward right, rock back left, turning 1/2 turn right step forward right
3 & 4 Rock forward left, rock back right, turning 1/2 turn left step forward left
1 & 2 Rock forward right, rock back left, step right next to left
3 & 4 Rock forward left, rock back right, step left next to right
1 & 2 Step right to right, pivot 1/4 turn left and step left next to right, step forward right
3 & 4 Step forward left, pivot 1/2 turn right and step right next to left, step forward left
1 & 2 Rock forward right, rock back left, step right next to left
3 & 4 Rock forward left, rock back right, step left next to right
1 & 2 Step right to right, pivot 1/4 turn left and step left next to right, step forward right
3 & 4 Step forward left, pivot 1/2 turn right and step right next to left, step forward left
1 & 2 Cross right over left, step left to left, cross right over left (shuffle)
3 & 4 Cross left over right, step right to right, cross left over right (shuffle)
1 & 2 Touch right toe to right, step right next to left, touch left toe to left
3 & 4 Take left toe off the ground and touch left again, step left next to right, touch right toe to right
1 & 2 Cross right over left, twist on balls of both feet 1/2 turn left, twist 1/4 turn right on balls of both feet
3 & 4 Step back on right, step left next to right, step forward on right
1 & 2 Touch left heel forward, slap outside of left foot with left hand, touch left heel forward
3 & 4 Step back on left, step right next to left, step forward on left
1 & 2 Step slightly back on right, step left next to right, step forward right
3 & 4 Step slightly back on left, step right next to left, step forward left
1 & 2 Step forward right, pivot 1/2 turn left transferring weight to left, step forward right
3 & 4 Step forward left, pivot 1/2 turn right transferring weight to right, step forward left

REPEAT