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- 1 - 2 Left 45 heel tap and replace
3 - 4 Right 45 heel tap and replace
5 - 8 Repeat steps 1 to 4
9 - 10 Rock forward onto left foot, rock back onto right foot
11 - 12 Rock back onto left foot, rock forward onto right foot
13 - 14 Touch left toe out to left side, step left foot in beside right
15 - 16 Rock forward onto right foot, rock back onto left foot
17 - 18 Rock back onto right foot, rock forward onto left foot
19 - 20 Touch right toe out to right side, step right foot in beside left
21 - 22 Left 45 heel tap and replace
23 - 24 Right 45 heel tap and replace
25 - 26 Step forward onto left foot, pivot 1/4 turn right placing weight onto right foot & touching left toe into right instep
27 - 30 Repeat steps 25-26 twice
31 - 32 Step forward onto left foot, pivot 1/4 turn right to execute a ball change movement ending with weight on left foot
33 - 34 Step forward onto right foot, pivot 1/4 turn left placing weight onto left foot & touching right toe into left instep
35 - 38 Repeat steps 33-34 twice
39 - 40 Step forward onto right foot, pivot 1/4 turn left to execute a ball change movement ending with weight on right foot
41 - 42 Left 45 heel tap and replace
43 - 44 Right 45 heel tap and replace
45 - 46 Step forward on left foot at 45 degrees left, step right across behind bending knees
47 - 48 Step forward on left foot at 45 degrees left straightening knees, step right across behind bending knees
49 - 50 Step forward on left foot at 45 degrees left straightening knees, step right across behind bending knees
51 - 52 Step forward on left foot at 45 degrees left straightening knees, kick right foot across in front of left leg
53 - 54 Step forward on right foot at 45 degrees right, step left across behind bending knees
55 - 56 Step forward on right foot at 45 degrees right straightening knees, step left across behind bending knees
57 - 58 Step forward on right foot at 45 degrees right straightening knees, step left across behind bending knees
59 - 60 Step forward on right foot at 45 degrees right straightening knees, kick left foot across in front of right leg
61 & 62 Shuffle forward left-right-left
63 & 64 Shuffle forward right-left-right
65 - 66 Step forward onto left foot, pivot 1/4 turn right placing weight onto right foot
67 - 68 Step forward onto left foot, pivot 1/4 turn right placing weight onto right foot
69 - 70 Step forward onto left foot, pivot 1/4 turn right placing weight onto right foot
71 & 72 Shuffle forward left-right-left
73 & 74 Shuffle forward right-left-right
75 - 76 Step forward onto left foot, stomp right foot in beside left
77 - 78 Heel splits
79 - 80 Heel splits

REPEAT