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| 1 & | Step left to left, step right beside left |
| 2 & | Step left to left, step right beside left |
| 3 & | Step left to left, step right beside left |
| 4 | Step left to left |
| 5,6 | Step right to right, step left behind right |
| 7,8 | Step right to right, touch left heel to left with toe up |
| 1 & | Step left to left, step right beside left |
| 2 & | Step left to left, step right beside left |
| 3 & | Step left to left, step right beside left |
| 4 | Step left to left |
| 5,6 | Step right to right, step left behind right |
| 7,8 | Step right to right, stomp left beside right |
| 1,2 | Dig right heel forward, shift weight back onto left |
| 3 & 4 | Triple step in place right-left-right |
| 5,6 | Dig left heel forward, shift weight back onto right |
| 7 & 8 | Triple step in place left-right-left |
| 1 & 2 | Step right to right, step left beside right, step right to right and pivot a half turn to the right |
| 3 & 4 | Step left to left, step right beside left, step left to left |
| 5 & | Step right to right, step left beside right |
| 6 & | Step right to right, step left beside right |
| 7 & | Step right to right step left beside right |
| 8 | Step right to right |
| 1,2 | Step forward on left, hold and clap twice |
| 3,4 | Step forward on right, hold and clap twice |
| 5,6 | Step forward on left, hold and clap twice |
| 7,8 | Step forward on right, hold and clap twice |
| 1 - 4 | Walk back left-right-left, hold and clap twice |
| 5 - 8 | Walk back right-left-right, hold and clap twice |
| 1 & 2 | Shuffle forward left-right-left |
| 3,4 | Step forward on right, pivot one half turn to the left, shift weight to left |
| 5 & 6 | Shuffle forward right-left-right |
| 7,8 | Step forward on left, pivot one half turn to the right, shift weight to right |
| 1,2 | Kick left, kick left |
| 3 & 4 | Triple step in place left-right-left |
| 5,6 | Kick right, kick right |
| 7 & 8 | Triple step in place right-left-right |

REPEAT