

RUNNING MAN STEPS & ARM/HAND PULLS

- 1,2 Step right foot forward while extending arms forward; drag right foot back while pulling hands to hips (like rowing a boat)
- 3,4 Step left foot forward while extending arms forward; drag left foot back while pulling hands to hips (like rowing a boat) and lifting right knee
- 5,6 Step right foot forward while extending arms forward; drag right foot back while pulling hands to hips (like rowing a boat)
- 7,8 Step right foot forward while extending arms forward; drag right foot back while pulling hands to hips (like rowing a boat).

RIGHT/LEFT DIAGONAL GRAPEVINES & HEEL BRUSHES

- 9,10 Step right foot diagonally forward right; cross-step left behind right
- 11,12 Step right foot diagonally forward right; brush left heel beside right
- 13,14 Step left foot diagonally forward left; cross-step right behind left
- 15,16 Step left foot diagonally forward left; brush right heel beside left.

FORWARD WALKS & ROCK-STEPS

- 17,18 Walk forward right. Left
- 19,20 Rock-step back onto right foot; step forward onto left
- 21,22 Walk forward right, left
- 23,24 Rock-step back onto right foot; step forward onto left.

FORWARD RIGHT/LEFT SHUFFLES

- 25 & 26 Step right foot forward; step left together; step right forward
- 27 & 28 Step left foot forward; step right together; step left forward
- 29 & 30 Step right foot forward; step left together; step right forward
- 31 & 32 Step left foot forward; step right together; step left forward.

FRONT/SIDE TOE TOUCHES & RIGHT/LEFT TURNS

- 33,34 Touch right toe forward; touch right toe to right side
- 35,36 Touch right toe behind left heel; pivot 1/2 turn right shifting weight to right
- 37,38 Touch left toe forward; touch left toe to left side
- 39,40 Touch left toe behind right heel; pivot 1/2 turn left shifting weight to left.

CHARLESTON KICKS & FRONT/BACK HAND CLAPS

- 41,42 Step right foot forward; kick left foot forward
- 43,44 Step left foot back; touch right toe back & clap behind lower back
- 45,46 Step right foot forward; kick left foot forward & clap in front
- 47,48 Step left foot back; touch right toe back & clap behind lower back.

REPEAT