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| 1 & 2 | Shuffle to right (right, left, right) |
| 3 | Rock forward on left |
| 4 | Rock back on right |
| 5 | Step left to left side and sway to transfer weight to left foot |
| 6 | Step right to right side and sway to transfer weight to right foot |
| 7 - 8 | Step left, right, turning full turn to the left |
| 9 & 10 | Shuffle to left (left, right, left) |
| 11 | Rock forward on right |
| 12 | Rock back on left |
| 13 | Step right to right side and sway to transfer weight to right foot |
| 14 | Step left to left side and sway to transfer weight to left foot |
| 15 - 16 | Step right, left, turning full turn to the right |
| 17 | Step back on right |
| 18 | Touch left heel forward |
| 19 | Step back on left |
| 20 | Touch right heel forward |
| & 21 | Rock back on right, step forward on left |
| 22 | Walk forward right |
| 23 | Walk forward left |
| 24 | Walk forward right |
| 25 - 26 | 2 hip bumps to the left |
| 27 - 28 | 2 hip bumps to the right |
| & 29 | Rock back on left, step forward on right |
| 30 | Step forward on left |
| 31 | Step forward on right |
| 32 | Pivot and turn 1/2 turn to the left transferring weight to left foot |
| 33 | Tap right to right side |
| 34 | Step forward on right crossing over in front of left foot |
| 35 | Tap left to left side |
| 36 | Step forward on left crossing over in front of right foot |
| 37 | Tap right to right side |
| & 38 | Rock step (right, left) in place turning 1/4 turn to the right |
| 39 | Tap right to right side |
| & 40 | Rock step (right, left) in place turning 1/4 turn to the right |
| 41 | Tap right to right side |
| 42 | Step back on right crossing behind left (traveling back) |
| 43 | Tap left to left side |
| 44 | Step back on left crossing behind right (traveling back) |
| 45 | Tap right to right side |
| & 46 | Rock step (right, left) in place turning 1/4 turn to the right |
| 47 | Tap right to right side |
| & 48 | Rock step (right, left) in place turning 1/4 turn to the right |
| 49 - 50 | Jump feet right, left apart, clap |
| 51 - 52 | Jump feet apart in place right, left, clap |
| 53 & | Spring right behind left, step left across in front of right |
| 54 | Swivel 1/2 turn to the right to unwind |
| 55 | Knee roll right |
| 56 | Knee roll left |
| 57 - 58 | Jump feet right, left apart, clap |
| 59 - 60 | Jump feet apart in place right, left, clap |
| 61 & | Spring right behind left, step left across in front of right |
| 62 | Swivel 1/2 turn to the right to unwind |
| 63 | Knee roll right |
| 64 | Knee roll left |

REPEAT