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- 1 Touch right toe forward
 - 2 Step back right
 - 3 Touch left toe back
 - 4 Step left forward
 - 5 Touch right toe forward
 - 6 Step back right
 - 7 Step back left
 - 8 Touch right toe back
 - 1 Touch right toe forward
 - 2 Step back right
 - 3 Touch left toe back
 - 4 Step forward left
 - 5 Step forward right
 - 6 Cross step left over right
 - 7 Step back on right
 - 8 Touch left toe back at 45 degrees angle to left
 - 1 Step forward left
 - 2 Touch right toe forward
 - 3 Step back right
 - 4 Touch left toe back
 - 5 Step forward left
 - 6 Cross step right over left
 - 7 Step back left
 - 8 Touch right toe back at 45 degrees angle to right

RIGHT SAILOR SHUFFLE, TOUCH TWICE, LEFT TURNING SAILOR SHUFFLE, STEP, 1/2 TURN LEFT

- 1 & 2 Step right behind left, step left on left, step forward on right
- 3 - 4 Touch left toe forward at 45 degrees angle twice
- 5 & 6 Step left behind right, step right 1/4 turn to the left
- 7 - 8 Step forward on right, turn 1/2 turn to the left shifting weight to left foot

REPEAT