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- 1 - 4 Right heel out and back 2 times
5 - 8 Left heel out and back 2 times (when bringing left foot back, just touch it- no weight).
9,10 Step forward on left foot, kick right foot out to front
11,12 Step back on right foot, touch left foot back
13,14 Step forward on left foot, kick right foot out to front
15,16 Step back on right foot, touch left foot back
17,18 Step forward on left foot and pivot right foot
19 - 21 Grapevine to the left
22 Feet together
23 - 26 Right foot out to right side and back 2 times
27,28 Right foot to back and to home
29,30 Right foot to right and home
31 - 34 Left foot out to left side and back 2 times
35,36 Left foot to back and to home
37 - 42 Left foot to left side and home, two heel splits
43 - 46 Right foot forward and do 4 hip swings to right- shoulders forward
47 - 50 Balance on right heel and do 4 hip swings to the back- pelvic rock
51 - 58 Repeat steps 43 to 50
59 - 62 Take 4 swivel side steps to left
63 - 66 Right heel out and back 2 times
67 - 70 Grapevine to right, ending with left knee raised
71 - 74 Grapevine back to left, feet together
75 - 78 Two heel splits
79,80 Left heel to front, left foot hook in front of right leg
81,82 Left heel to front and back to home
83,84 Right heel to front, right foot hook in front of left leg
85,86 Right heel to front and back to home
87 - 90 Right foot out to front and back 2 times.

REPEAT