TOE, HEEL, CROSS, PAUSE, TOE, HEEL, CROSS, PAUSE

1-2 Touch right toe in towards left instep turning knee in, touch right heel in towards left instep turning knee out
3-4 Cross right foot over left putting weight down on right foot, pause
5-6 Touch left toe in towards right instep turning knee in, touch left heel in towards left instep turning knee out
7-8 Cross left foot over right putting weight down on left foot, pause

TOE, HEEL, CROSS, PAUSE, TOE, HEEL, CROSS, PAUSE

9-10 Touch right toe in towards left instep turning knee in, touch right heel in towards left instep turning knee out
11-12 Cross right foot over left putting weight down on right foot, pause
13-14 Touch left toe in towards right instep turning knee in, touch left heel in towards left instep turning knee out
15-16 Cross left foot over right putting weight down on left foot, pause

LONG STEP BACK, DRAG, PAUSE, STEP, STEP, STEP, TOUCH

17-20 Take a long step back with the right foot, drag the left foot back to meet the right, pause
21-24 Step on the spot, right, left, right, touch left foot beside right foot

BASIC LEFT, BASIC RIGHT

25-26 Side step left turning body at a 45 degree angle left, step right foot next to left foot
27-28 Side step left turning body at a 45 degree angle left, touch right foot next to left foot & clap
29-30 Side step right turning body at a 45 degree angle right, step left foot next to right foot
31-32 Side step right turning body at a 45 degree angle right, touch left foot next to right foot & clap

STEP TOUCH, KICK, KICK, STEP BACK, STEP FORWARD ¼ LEFT, SCUFF

33-34 Side step left facing front, touch right foot beside left foot & clap
35-38 Kick right foot forward two times, step back on right foot, touch left toe back
39-40 Step ¼ turn left on left foot, scuff right heel on floor

REPEAT