

FORMATION: Part One - Circle, hands held at shoulder height, arms bent.

Parts Two and Three - Circle, hands held down.

Part One

- 1-4 Facing CCW, walk right, left, right, left.
- 5-8 Facing center, sway right, left, right, left.
- 9-16 Repeat 1-8.
- 17-24 Repeat 1-8.
- 25-28 Two turns CW in four steps - right, left, right, left. End facing center.
- 29 Hop onto right and cross left behind right, lifting left and bending left knee.
- 30 Repeat 29 with opposite footwork.
- 31-32 Hop in place on both feet, twice.
- 33-64 Repeat 1-32.

Part Two

- 1-4 Facing CCW, step forward on right and hop. Step forward on left and hop.
- 5-6 Facing center, step to right on right and close left to right.
- 7-8 Facing CCW, step forward on right and hop.
- 9-12 Repeat 1-4 with opposite footwork.
- 13-14 Step left, right.
- 15-16 Step left and hop, turning CCW to face CW direction.
- 17-20 Facing CW, repeat 1-4.
- 21-22 Step right, left.
- 23-24 Step right and hop.
- 25-28 Repeat 1-4 with opposite footwork, still moving in CW direction.
- 29-30 Repeat 5-6 with opposite footwork.
- 31-32 Facing CW step left and hop, turning CW to face CCW direction.
- 33-64 Repeat 1-32, facing center on counts 63-64.

Part Three

- 1-4 Facing center, step forward on right and hop, and step forward on left and hop.
- 5-8 Stamp in place right, left, right and hop on right.
- 9-12 Repeat 1-4 with opposite footwork and direction.
- 13-16 Repeat 5-8 with opposite footwork.