TOE STRUTS TRAVELING FORWARD, OUT-OUT-IN-IN

1,2 Right strut Touch R toe forward (1), Step R down (2)
3,4 Left strut Touch L toe forward (3), Step L down (4)
5,6 Out, out Step R to right side (5), Step L to left side (6)
7,8 In, in Step R home (7), Step L beside R (8)

TOE STRUTS TRAVELING FORWARD, OUT-OUT-IN-IN

1,2 Right strut Touch R toe forward (1), Step R down (2)
3,4 Left strut Touch L toe forward (3), Step L down (4)
5,6 Out, out Step R to right side (5), Step L to left side (6)
7,8 In, in Step R home (7), Step L beside R (8)

DIAGONAL STEP-TOUCHES (WITH CLAPS) TRAVELING BACK

1,2 Back, touch Step R back diagonally right (1), Touch L beside R/clap (2)
3,4 Back, touch Step L back diagonally left (3), Touch R beside L/clap (4)
5,6 Back, touch Step R back diagonally right (5), Touch L beside R/clap (6)
7,8 Back, touch Step L back diagonally left (7), Touch R beside L/clap (8)

R KICK TWICE, STEP BACK, TOGETHER, STEP-LOCK-STEP, HOLD

1,2 Kick, kick Kick R forward (1), Kick R forward again (2)
Option: For balance, you can tap your heel forward twice instead of kicking.
3,4 Back, together Step R back (3), Step L beside R (4)
5,6 Step, lock Step R forward to slight diagonal right (5), Step L behind R (6)
7,8 Step, hold Step R forward to slight diagonal right (7), Hold (8)

L KICK TWICE, STEP BACK, TOGETHER, STEP-LOCK-STEP, HOLD

1,2 Kick, kick Kick L forward (1), Kick L forward again (2)
Option: For balance, you can tap your heel forward twice instead of kicking.
3,4 Back, together Step L back (3), Step R beside L (4)
5,6 Step, lock Step L forward to slight diagonal left (5), Step R behind L (6)
7,8 Step, hold Step L forward to slight diagonal left (7), Hold (8)

STEP FORWARD, HOLD, PIVOT 1/4 LEFT, HOLD, STOMPS IN PLACE, KNEE POPS TWICE

1,2 Step, hold Step R slightly forward (1), Hold (2)
3,4 Turn, hold Turn 1/4 left (9:00) transferring weight L (3), Hold (4)
5,6 Stomp, stomp Stomp R in place (5), Stomp L in place (6)
&7&8 Pop, pop Bend knees allowing heels to rise slightly (&), Lower heels (7), Bend both knees allowing heels to rise slightly (&), Lower heels (weight ends L) (8)

START AGAIN & ENJOY!