PART I

1 - 3 3 steps FWD in line-of-direction R,L,R on third step drop hands and turn R
4 - 5 Back to circle, hold hands, 2 quick steps I to left in line of direction
6 L to left, drop hands, turn back thru left shoulder on left foot as axis
7 - 8 Face center of circle, hold hands, R to right shift weight to left, go left
9 - 10 Face line of direction, 2 steps FWD R,L
11 Turn L face towards circle, step with R to right
12 Cross L behind R and hop on R near L
13 Step L FWD to center of circle
14 R FWD to center of circle with bent knees
15 L to back toward center of circle
16 Close with R near L without shifting weight
17 - 32 Repeat 1-16

PART II

1 Fall on R, with strong stamp diagonally, R FWD to center of circle
2 Cross L before R
3 R to back
4 Close L near R
5 - 6 2 steps FWD to center of circle R,L
7 - 10 Repeat 1-4, Part II
11 Stamp with R FWD
12 Lift L FWD in the air
13 - 14 Left to back, close R near L
15 Stamp with L FWD to center of circle
16 Drop hands, step on L as you turn to L shoulder
17 - 32 Back to center of circle, repeat 1-16, advance to outer circle