FORWARD RIGHT, LOCK LEFT, FORWARD RIGHT, FORWARD LEFT, REPEAT
1-2    Step forward on right, step left forward to outside of right
3-4    Step forward on right, step forward on left
5-6    Step forward on right, step left forward to outside of right
7-8    Step forward on right, step forward on left

FORWARD RIGHT, ¼ LEFT, CROSS, SIDE, CROSS, ¼ RIGHT, ¼ RIGHT, ¼ RIGHT
1-2    Step forward on right, step back on left into ¼ turn left
3-5    Cross right over left, step left to left side, cross right over left (weight right)
       Step left to left side into ¼ turn right, step right back into ¼ turn right, cross left over
       right into ¼ turn right stepping forward on left
6-8    Cross right over left, step back on left
7-8    Step right to right side, step left next to right

REPEAT