

# The Walk

Count: 32

Wall: 4

Level: Easy Beginner

Choreographer: Gerard Murphy (CAN) - June 2019

Music: Walk of Shame - Eight to the Bar : (Album: Calling All Ickeroos!)



Begin after 32 counts.

Music available on iTunes and Amazon (3:39 mins)

Note: Works well as a floor-split when other more improver or intermediate level dances are played to this fantastic track!

## Rock Recover Coaster Step x 2

- 1,2 Rock forward on R, recover onto L
- 3&4 Step back onto R, step back onto L next to R, step forward onto R
- 5,6 Rock forward on L, recover onto R
- 7&8 Step back onto L, step back onto R next to L, step forward onto L

## Walk Walk, Cha Cha Forward, Step ½ Pivot R, Cha Cha Forward

- 1,2 Step forward onto R, step forward onto L
- 3&4 Step forward onto R, close L behind R, step forward onto R
- 5,6 Step L forward, pivot ½ turn R shifting weight to R (6 o'clock)
- 7&8 Step forward onto L, close R behind L, step forward onto L

## Kick Ball Change x 2, Step Diagonal R, Touch, Step Diagonal Left, Touch

- 1&2 Kick R forward, step onto ball of R in place, step onto L next to R
- 3&4 Kick R forward, step onto ball of R in place, step onto L next to R
- 5,6 Step R forward to R diagonal, touch L next to R
- 7,8 Step L forward to L diagonal, touch R next to L

## Kick Ball Change x 2, Walk ¾ Turn R

- 1&2 Kick R forward, step onto ball of R in place, step onto L next to R
- 3&4 Kick R forward, step onto ball of R in place, step onto L next to R
- 5,6,7,8 Walk around stepping R, L, R, L while making a ¾ turn over R shoulder (3 o'clock)

REPEAT

Contact: (902) 457-2774, [dance@trybarefoot.com](mailto:dance@trybarefoot.com)  
<http://gerardmurphy.weebly.com/> | Twitter: @gmdance