

Baby It's Still True (Walker-Rollator)

COPPER KNOB
STEPSHEETS

Compte: 32

Mur: 1

Niveau: Ultra Beginner - Walker



Chorégraphe: Rosie Multari (USA) - September 2014

Musique: More Today Than Yesterday - Spiral Starecase

ou: Build Me Up Buttercup - The Foundations

ou: Build Me Up Buttercup - Glenn Rogers

ou: Who Says You Can't Go Home - Bon Jovi & Jennifer Nettles

(Walker modifications provided, with Choreographer's permission, by A.J. Herbert, ajluv2dans@gmail.com, Certified Group Exercise Instructor, National Exercise Trainer's Association (NETA), including ABLE Bodies Balance Training, FallProof!, and Fitness Over Fifty.)

Intro: Begin on lyrics

SIDE SLIDE RIGHT, BACK ROCK, ROCKING CHAIR

- 1-2 Big step right side, drag left toward right (within the width of the walker)
- 3-4 Rock left back, recover to right
- 5-8 Rock left forward, recover to right, rock left back, recover to right

SIDE SLIDE LEFT, BACK ROCK, ROCKING CHAIR

- 1-2 Big step left side, drag right toward left (within the width of the walker)
- 3-4 Rock right back, recover to left
- 5-8 Rock right forward, recover to left, rock right back, recover to left

STEP RIGHT SIDE, LEFT, STEP SIDE, TOGETHER, FORWARD

- 1-2 Step right side, touch left together (within the width of the walker)
- 3-4 Step left side, touch right together (within the width of the walker)
- 5-8 Step right forward, step left together, step right forward, hold

STEP LEFT SIDE, RIGHT, STEP SIDE, TOGETHER, BACK

- 1-2 Step left side, touch right together (within the width of the walker)
- 3-4 Step right side, touch left together (within the width of the walker)
- 5-8 Step left back, step right together, step left back, hold

REPEAT
