

Walk The Moon

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Francien Sittrop (NL) - February 2015
音乐: Shut Up and Dance - WALK THE MOON : (Single)



Intro : Start after 8 counts from the beginning

[1 – 8] □ Step fwd. L-R, Heel Swivels ¼ L, Sailor Step, Behind , Side, Cross

1 – 2 Step L fwd, Step R fwd
3 & 4 Swivel Heels R,L,R with ¼ Turn L (Weight ends on R) (09.00)
5 & 6 Sweep L behind R, Step R to R side, Step L to L side
7 & 8 Step R behind L, Step L to L side, Step R across L

[9-16] □ Side Shuffle, Touch back , ½ Turn R, Step fwd, Pivot ½ R, Ball Step , Step fwd

1 & 2 Step L to L side, Step R next to L, Step L to L side
3 – 4 Touch R back, ½ Turn R (03.00)
5 – 6 Step L fwd, Pivot ½ Turn R (Weight ends on R) (09.00)
&7-8 Step L next to R, Step R fwd, Step L fwd

[17-24] □ Out Out, In In (travelling fwd), In In , Rock , Recover, ¾ Turn R

&1-2 Step R out, Step L out, Hold
& 3 Step R fwd to the centre, Step L next to R (travelling fwd)
& 4 Step R fwd to the centre, Step L next to R (Weight ends on L) (travelling fwd)
5 – 6 Rock R fwd, Recover on L
7 – 8 ½ Turn R step R fwd, ¼ Turn R step L to L side (06.00)

[25-32] □ Sailor steps x2, Step fwd, Bounce, Step fwd, Bounce

1 & 2 Sweep R behind L, Step L to L side, Step R to R side
3 & 4 Sweep L behind R, Step R to R side, Step L to L side
5 – 6 Step R fwd , Bounce Heel
7 – 8 Step L fwd , Bounce Heel**R**

[33-40] □ Jazz Box ¼ Turn R, Jazz Box Point ¼ R

1 – 4 Step R across L, Step L back, ¼ Turn R step R to R side, Step L fwd (09.00)
5 – 8 Step R across L, Step L back, ¼ Turn R step R to R side, Point L to L side(12.00)**R**

[41-48] □ Toe Touches x2, Heel Touches , Step fwd, Pivot ½ R

1-2& Touch L fwd, Touch L to L side, Step L next to R
3-4& Touch R fwd, Touch R to R side, Step R next to L
5&6& Touch L heel fwd, Step L next to R, Touch R heel fwd, Step R heel next to L
7 – 8 Step L fwd, Pivot ½ Turn R (Weight ends on R) (06.00)

R Restart :

During Wall 3 & 5 after count 40 . Start again with count 1

During Wall 6 & 8 after count 32 Add an & count, step R Next to L and start again with count 1

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Last Update - 24th Feb 2015