

Walk Don't Run

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Phrased Intermediate
编舞者: Hiroko Carlsson (AUS) - September 2016
音乐: Walk, Don't Run - The Ventures : (iTunes)



(Intro: 16 counts)

PART A: 32 counts

[AS1] V-Step (out-out, in-in), Shuffle Fwd, Paddle Turn

1 2 Diagonal right forward, left forward
3 4 Step R back, step L back next to right
5&6 Shuffle Forward R-L-R
7-8 Step L fwd, turn 1/4R (3:00)

[AS2] Cross Shuffle, Side, 1/2L, Box Step Fwd,

1&2 Cross L over R, step R side, step across L over R
3 4 Step R side, turn 1/2L step side on left
5 6 7 8 Cross R over L, L back, R step side, L step fwd (9:00)

[AS3] 2x Paddle Turn, Stomp, Hold, Heel Twists (R, 1/4L w/Hook R)

1 2 3 4 Step R fwd, turn L1/4, step R fwd, turn 1/4L
5-6 Fwd R stomp, hold
7-8 Twist right both heels, twist left both heels and turn 1/4R w/hook right (6:00)

[AS4] Side, Hold, Tap-tap, 1/4 Back, Cross, Hold, Side, Touch Behind

1-2 3 4 Step R side, hold, tap left toe twice next R
&5-6 1/4R Step left back, R cross over L, hold
7 8 Step L to side, touch R behind L (9:00)

PART B : 32 counts

[BS1] R Rumba Box (fwd and back), Switch, L Rumba Box (back and fwd), Switch

1 2 3 4 Step side on R, step together on L, step fwd on R, pull L toward R
5 6 7 8 Step side on L, step together on R, step back on L, pull R toward L and switch weight on R

(Optional)

5 6 7 8 Step side on L, 1/4R step side on right (3:00), 1/4R step on left in place (6:00), 1/2R step on R in place (12:00)

[BS2] L Rumba Box (back and fwd), Switch, R Rumba Box (fwd and back), Switch

1 2 3 4 Step side on L, step together on R, step back on L, pull R toward L
5 6 7 8 Step side on R, step together on L, step fwd on R, pull L toward R and switch weight on L

(Optional)

5 6 7 8 Step side on R, 1/4R step side on left (3:00), 1/4R step on right in place (6:00), 1/2R step on L in place (12:00)

[BS3] Side Rock, Recover Behind, Side Rock, Recover Behind, Rock Back

1 2 3 R side rock, recover on L, step R behind L
4 5 6 L side rock, recover on R, step L behind R
7-8 Step R back, recover weight on L

[BS4] Fwd Rock, Together, Back Rock, Together, 2x Clap

1 2 3 R fwd rock, recover on L, step together R next to L
4 5 6 L back rock, recover on R, step together L next to R
7 8 Clap, clap

Sequence A, A, B, A, B, A, A, B, A

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