

Swingin' Walk

COPPER KNOB
STEPSHEETS

拍数: 64
编舞者: Franz KOELSCH - October 2018
音乐: Pride & Joy - Scooter Lee

墙数: 4

级数: Beginner / Improver



Intro: 32 counts / start on vocal

Choreo: Repeat 2 Rounds (64 Counts)

*3rd Round up to Rolling Rocks turning (32 Counts)

Restart and Repeat 4 Rounds (64 Counts)

Walks and Hands

1-2 walk forward rF, walk forward lF, push hands up right, left
3-4 walk forward rF, walk forward lF, push hands up right, left
5-6 walk back rF, walk back lF, push hands down right, left
7-8 walk back rF, walk back lF, push hands down right, left

Swivel Steps and Hands, alternative Jazz Box with a Hop

1 swivel rF to side, push hands up diag. right
2 swivel lF to side, push hands down diag. left
3 swivel rF to side, push hands down diag. right
4 swivel lF to side, push hands up diag. left
5 step rF to side
6 step lF crossing in Front of rF
7& step rF back, Hop on rF
8 step lF to side

Rolling Rocks turning

1-2 Rock rF/lF to side, ¼ Turn to left
3-4 Rock rF/lF to side, ¼ Turn to left
5-6 Rock rF/lF to side, ¼ Turn to left
7&8 Chassee to side rF/lF/rF, turning ¼ to left

1-2 Rock lF/rF to side, ¼ Turn to right
3-4 Rock lF/rF to side, ¼ Turn to right
5-6 Rock lF/rF to side, ¼ Turn to right
7&8 Chassee to side lF/rF/lF, turning 1/4 to right

Step and Clap

1 Step rF forward
2-3 Clap 2 Times
4 Step lF forward
5-6 Clap 2 Times
7 Step rF forward
8 Clap 1 Times

Jump back and Clap, Run Back and Clap

&1 Jump back lF/rF
2 Clap 1 Times
&3 Jump back lF/rF
4 Clap 1 Times
5&a6&a7 Seven "running" Steps on the Ball of the Feet, Knees slightly bent - moving back, start and ending on lF

8 Clap 1 Times

Step and Clap

1 Step rF forward

2-3 Clap 2 Times

4 Step lF forward

5-6 Clap 2 Times

7 Step rF forward

8 Clap 1 Times

Jump back and Clap, Run back and Clap

&1 Jump back lF/rF

2 Clap 1 Times

&3 Jump back lF/rF

4 Clap 1 Times

5&a6&a7 Seven "running" Steps on the Ball of the Feet, Knees slightly bended moving back, turning $\frac{1}{4}$ to right, start and ending on lF

8 Clap Once

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