

Slow Walk

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Myra Harrold (SCO) - April 2019
音乐: Slow Walk - Bonnie Tyler : (Album: Between the Earth and the Stars)



Intro: 32 Counts On Vocals

SECT:1 WALK FWD,SIDE ROCK,RECOVER,1/4 SHUFFLE,STEP,1/2,STEP

1,2,3,4 Walk Fwd Rf,Lf,Rock Rf To R With Hip Bump R,Recover On Lf With Hip Bump L - (12)
5&6,7,8 Turn 1/4 R,Rf Fwd,Close Lf To Rf,Rf Fwd,Step Lf Fwd,1/2 Pivot R Onto Rf - (9)

SECT:2 CROSS,POINT,CROSS,POINT,CROSS ROCK,RECOVER,1/4 SHUFFLE

1,2,3,4 Cross Lf Over Rf,Point R Toe To R,Cross Rf Over Lf,Point L Toe To L - (9)
5,6,7&8 Cross Rock Lf Over Rf,Recover On Rf,Turn 1/4 L,Step Lf Fwd,Close Rf To Lf,Step Lf Fwd ***
(6)

***** RESTART HERE ON WALL 3 FACING 12 O.CLOCK *****

SECT:3 ROCK,RECOVER,1/2 TURN SHUFFLE.ROCK,RECOVER,1/2 TURN SHUFFLE

1,2,3&4 Rock Rf Fwd,Recover On Lf,Turn 1/4 R,Rf To R,Close Lf To Rf,Turn 1/4 R,Rf Fwd (12)
5,6,7&8 Rock Lf Fwd,Recover On Rf,Turn 1/4 L,Lf To L,Close Rf To Lf,Turn 1/4 L,Lf Fwd (6)

SECT:4 R KICK BALL CHANGE,1/4 L,R KICK BALL CHANGE,STEP 1/2,FEET OUT, FEET IN

1&2,3&4 Rf Kick Fwd,Step On Rf,Turn 1/4 L,Step On Lf,Rf Kick Fwd,Step On Rf,Close Lf To Rf - (3)
5,6&7&8 Rf Fwd,Pivot 1/2 L,Put Weight On Lf,Step Rf Out To R,Lf Out To L,Step Rf In,Step Lf In - (9)

RESTART ON WALL 3 AFTER 16 COUNTS,FACING 12.O.CLOCK

NOTE: INTERMEDIATE DANCERS COULD CHANGE 1 OR BOTH OF THE 1/2 SHUFFLES INTO 1&1/2 TURNS