Walk This Way

拍数: 32 **墙数:** 4 **级数:** Improver

编舞者: Amy Christian (USA) - March 2023

音乐: Walk This Way (feat. Aerosmith) (7" Single Version) - Run-DMC

Sequence: 16 intro, 16, 32, 16, 32, TAG, 32, 32, 16, 32, TAG, 32, 32, 32.
Intro: 16 counts. (Start 16 counts before vocals.)

FORWARD MAMBO, ½ MAMBO, ½, ½, OUT-OUT,

1&2	Rock forward on R, Recover back on L, Step R next to L (add a back booty push),
3&4	Rock forward on L, Recover on R, ½ turn left forward on L (6:00),
5-6	½ Turn left, back on R, ½ turn left, forward on L, (Easy option - Walk, Walk),
7-8	Step R out to right side (not forward), Step L out to left side (not forward),

CHUG FORWARD x 4, BIG STEP R, DRAG L, ¼ SAILOR STEP,

1-4	LOOK to the RIGHT side as you do little forward hops (with your knees STRAIGHT, not bent) keeping feet close to the ground,
5-6	Take a big step to the right side on R, Dragging L,
7&8	¼ Sailor step turning left (3:00),

***(All 3 RESTARTS - Happen here.)**

CROSS-ROCK-SIDE, CROSS-ROCK-SIDE, ACROSS, SIDE, ¼ SAILOR STEP,

1&2	Cross R over L, Recover on L, Step R to right side,
3&4	Cross L over R, Recover on R, Step L to left side,
5-6	Step R across L, Step L to left side,
7&8	¼ R Sailor step turning right (6:00),

STEP, LOCK, STEP, ¼ PIVOT WITH BIG HIP ROLL, CROSS & CROSS & CROSS, TOGETHER,

1&2	Step L forward, Lock R behind L, Step L forward,
3-4	Step R forward, Pivot ¼ turn left as you bend your knees and do a big booty roll/hip roll (3:00),
5&6&7	Step R across L, Step on ball of L to left side, Step R across L, Step on ball of L to left side, Step R across L, (Option – Roll shoulders as you do the extended Cross Shuffles),
8	Step L next to R (Clap),

Start over!

***RESTARTS – Happen on wall 1, wall 3 and wall 7. Dance 16 counts and start over.**

****TAG - Happens on the Chorus "Walk The Way…", after Wall 4 and 8. Both times, Tag starts facing the front wall.**

WALK, WALK, KICK & POINT, ¼ SAILOR, SKATE, SKATE, X 4

1-2	Walk forward R, Walk forward L,
3&4	Kick R forward, Step R next to L, Point L out to left side,
5&6	Sailor ¼ turning left (9:00),
7-8	Skate R, Skate L,

REPEAT ABOVE 8 COUNTS 3 MORE TIMES.

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