

# Barefootin' (Walker-Rollator)

**COPPER KNOB**  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Ultra Beginner - Walker  
编舞者: Jo Thompson Szymanski (USA) & Rita Thompson (USA) - July 2002  
音乐: Barefootin' - Scooter Lee



(Walker modifications provided, with Choreographer's permission, by A.J. Herbert, [ajluv2dans@gmail.com](mailto:ajluv2dans@gmail.com), Certified Group Exercise Instructor, National Exercise Trainer's Association (NETA), including ABLE Bodies Balance Training, FallProof!, and Fitness Over Fifty.)

## **POINT RIGHT, STEP TOGETHER, POINT LEFT, STEP TOGETHER**

- 1-2                      Point Right toe to Right side (1), Hold (2).
- 3-4                      Step Right foot beside Left (3), Hold (4).
- 5-6                      Point Left toe to Left side (5), Hold (6).
- 7-8                      Step Left foot beside Right (7), Hold (8).

## **POINT RIGHT, STEP TOGETHER, POINT LEFT, STEP TOGETHER**

- 1-2                      Point Right toe to Right side, (1), Hold (2).
- 3-4                      Step Right foot beside Left (3), Hold (4).
- 5-6                      Point Left toe to Left side, (5), Hold (6).
- 7-8                      Step Left foot beside Right (7), Hold (8).

## **WALK FORWARD RIGHT, LEFT, RIGHT, LEFT**

- 1-2                      Step forward with Right foot (1), Hold (2).
- 3-4                      Step forward with Left foot (3), Hold (4).
- 5-6                      Step forward with Right foot (5), Hold (6).
- 7-8                      Step forward with Left foot (7), Hold (8).

## **WALK BACK ARCING IN 1/4 TURN RIGHT**

- 1-2                      Step Right back beginning 1/4 arc right (1), Hold (2).
- 3-4                      Step back with Left foot (3), Hold (4).
- 5-6                      Step Right back completing 1/4 arc right (5), Hold (6).
- 7-8                      Step Left foot beside Right (7), Hold (8).

**Start again from the beginning.**

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