

The Locomotion (Starter) (Walker-Rollator)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Newcomer / Beginner - Walker
编舞者: Jo Thompson Szymanski (USA) & Rita Thompson (USA) - 22 September 2004
音乐: Locomotion - Scooter Lee
 或: Sweet Home New Orleans - Scooter Lee
 或: Pretend - Scooter Lee



To order Scooter's music, visit www.scooterlee.com or call 800-531-4379

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

"TRAIN STEP" – ROCK FORWARD, RECOVER, ROCK BACK, RECOVER, ROCK FORWARD, RECOVER, TRIPLE IN PLACE

- 1-2 Rock forward with Right foot (1), Replace weight back to Left foot (2).
- 3-4 Rock back with Right foot (3), Replace weight forward to Left foot (4).
- 5-6 Rock forward with Right foot (5), Replace weight back to Left foot (6).
- 7&8 Step together with Right foot (7), Step in place with Left foot (&), Step in place with Right foot (8).

"TRAIN STEP" – ROCK FORWARD, RECOVER, ROCK BACK, RECOVER, ROCK FORWARD, RECOVER, TRIPLE IN PLACE

- 1-2 Rock forward with Left foot (1), Replace weight back to Right foot (2).
- 3-4 Rock back with Left foot (3), Replace weight forward to Right foot (4).
- 5-6 Rock forward with Left foot (5), Replace weight back to Right foot (6).
- 7&8 Step together with Left foot (7), Step in place with Right foot (&), Step in place with Left foot (8).

WALK-SCUFF FORWARD ARCING IN 1/4 TURN LEFT

- 1-2 Step Right forward beginning 1/4 arc left (1), Scuff Left forward (2).
- 3-4 Step Left forward continuing arc (3), Scuff Right forward (4).
- 5-6 Step Right forward completing 1/4 arc left (5), Scuff Left forward (6).
- 7-8 Step Left foot forward (7), Scuff Right forward (8).

WALK BACK

- 1-2 Step Right back (1), Hold (2).
- 3-4 Step Left back (3), Hold (4).
- 5-6 Step Right back (5), Hold (6).
- 7-8 Touch Left foot beside Left (7), Touch Right beside Left (8).

Start again.
