

# Take a Hike

COPPER KNOB  
STEPPERS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Rob McKean (CAN) - 15 October 2023  
音乐: Long Walk - Brandy Clark



## Start on the Lyrics

### Lindy Right, Lindy Left

1&2 3-4      Step side right, together on L, side right, rock back on L, recover on R  
5&6 7-8      Step side left, together on R, side left, rock back on R, recover on L

### Step, Slide, Step Forward, Repeat

9&10      Step forward on R, slide L up beside R, step forward on R  
11&12      Step forward on L, slide R up beside L, step forward on L

### Jazz Box

13-16      Cross R over L, step back on L, step side right, step together on L

### Kick Ball Cross Twice, Side Rock Recover, Behind Ball Cross

17&18      Kick R forward, step back on R, cross L over R  
19&20      Kick R forward, step back on R, cross L over R  
21-22      Side rock right, recover on L  
23&24      Cross R behind L, step back on ball of L, cross R over L

### Kick Ball Cross Twice, Side Rock Recover, Behind ¼ Turn, Step Forward

25&26      Kick L forward, step back on L, cross R over L  
27&28      Kick L forward, step back on L, cross R over L  
29-30      Side rock left, recover on R  
31&32      Cross L behind R, step forward on R making a ¼ turn R, step forward on L