

Walk in My Shoes

COPPER **KNOB**
BY STEPHEN

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Carol Ashton (UK) - August 2024
音乐: Walk in my shoes - SarTorius : (Amazon Music, Apple, Spotify and You Tube)



At the end on drum intro count 20 start dance on word Shoes
Dance Video available on You Tube

SECTION 1 WALK FORWARD R L – HEEL DIGS FORWARD R L – STEP FORWARD R HALF TURN STEP FORWARD R QUARTER TURN

1 2 Walk forward R foot L foot
3 & 4 & Heel digs forward R foot L foot then replace
5 6 Step R foot forward half turn to left
7 8 Step R foot forward Quarter turn to Left facing 3 o'clock wall

SECTION 2 WALK FORWARD R L - HEEL DIGS FORWARD R L – STOP FORWARD R HALF TURN STEP FORWARD R QUARTER TURN

1 2 Walk forward R foot L foot
3 & 4 & Heel digs forward R foot L foot
5 6 Step R foot forward half turn to left
7 8 Step R foot forward Quarter turn to Left facing 6 o'clock wall

SECTION 3 POINT TO SIDE R L – HEEL DIGS FORWARD R L – STEP FORWARD R L SLIGHT APART APPLE JACKS OR SWIVEL HEELS

1 & 2 Point R foot to right side replace next to L foot Point L foot to left side replace next to R foot
3 & 4 Heel digs forward R L
5 6 Step forward R foot step forward L foot next to R foot feet slightly apart
7 & 8 & Two Apple Jacks Left and Right (or just swivel heels) swivel left then back to middle Swivel right then back to middle weight ending on L foot

SECTION 4 SAILOR STEPS – ROCK STEP – QUARTER TURN TO LEFT ADD TAG

1 & 2 & R foot sailor step – step back R foot behind L foot step on L foot replace R foot to L foot
3 & 4 & L foot sailor step – step back L foot behind R foot step on R foot replace L foot to R foot
5 6 Step back R foot replace weight forward on L foot (Rock Step)
7 8 Step forward R foot with quarter turn to left

TAG : JAZZ BOX R L R L – STEP R FOOT OVER L FOOT STEP BACK L FOOT STEP TO SIDE R FOOT REPLACE WEIGHT OF L FOOT NEXT TO R FOOT

REPEAT SECTION 1 TO 4 WITH TAG AT THE END OF EACH SECTION 4 - BRIDGE DANCE ONCE AT END OF 2ND SECTION 4 WHERE MUSIC CHANGES

BRIDGE ROLLING GRAPEVINES – DOROTHY STEPS - JAZZ BOX – TWO KICK BALL CHANGE

Rolling grapevine R L R touch L next to R foot Rolling Grapevine L R L touch R next to L foot
Dorothy Steps forward – Step forward R foot step L foot behind R foot hop on R foot step forward L foot step R foot behind L foot hop on L foot replace R foot side of L foot
Jazz Box – R foot over L step back L foot step side R foot replace weight on L foot
Kick Ball Changes – kick R foot forward step on R ball of foot put weight onto L foot

REPEAT SECTIONS 1-4 THREE TIMES WITH TAG AT END OF EACH SECTION 4