

Walk Out Backwards

COPPER KNOB
STEPPERS

拍数: 64 墙数: 4 级数: Improver
编舞者: John Sharman (UK) & Pete Cranwell (UK)
音乐: Walk Out Backwards - Speed Limit



TOUCH, STEP, TOUCH, STEP

1-2 Touch right toe to right side, step on right behind left
3-4 Touch left toe to left side, step on left behind right

TOUCH, STEP, TOUCH, STEP

5-6 Touch right toe to right side, step on right behind left
7-8 Touch left toe to left side, step on left behind right

STEP, DRAG

9-11 Step back on right, drag left foot backwards past your right foot over 2 beats
12 Scuff your left foot forward

STEP, LOCK, STEP, HOLD X 3

13-16 Step forward on left, lock right behind left, step forward on left, hold for 1 beat
17-20 Step forward on right, lock left behind right, step forward on right, hold for 1 beat
21-24 Step forward on left, lock right behind left, step forward on left, hold for 1 beat

SHIMMY RIGHT, SHIMMY LEFT

25-28 Step right to right side and shimmy over 4 beats
29-32 Step left to left side and shimmy over 4 beats

SIDE, TOGETHER, BACK, HOLD

33-36 Step right to right side, step on left beside right, step back on right, hold for 1 beat

SIDE, TOGETHER, FORWARD, HOLD

37-40 Step left to left side, step on right beside left, step forward on left, hold for 1 beat

RIGHT, BEHIND, RIGHT, CROSS

41-42 Step right to right side, step on left behind right
43-44 Step right to right side, step on left over right

RIGHT, HOLD, ROCK, RECOVER

45-46 Step right to right side, hold for 1 beat
47-48 Rock back on left, rock forward on right

LEFT, BEHIND, LEFT, CROSS

49-50 Step on left to left side, step on right behind left
51-52 Step on left to left side, step on right over left

LEFT, HOLD, ROCK, RECOVER

53-54 Step left to left side, hold for 1 beat
55-56 Rock back on right, rock forward on left

TOUCH, TURN, TOUCH, TOGETHER

57-58 Touch right to right side, spin a quarter turn right stepping on right
59-60 Touch left to left side, step on left beside right

TOUCH, TURN, TOUCH, TOGETHER

61-62 Touch right to right side, spin a half turn right stepping on right

63-64 Touch left to left side, step on left beside right

REPEAT
