

Walk This Way

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Improver
编舞者: Sandi Brooks (USA)
音乐: Walk This Way (feat. Aerosmith) - Run-DMC



Position: Dance starts with left. Heel forward toes up pointing slightly to the left

Dance starts with left foot forward

FUNKY CHARLESTON'S WITH HEEL TAPS

- 1-2 Step back on left (bringing it next to right), touch right toe back (leaning body forward)
- 3-4 Step forward on right (back next to left), tap left heel forward left (leaning body back slight exaggerating the move)
- 5-6 Step back on left (bringing it next to right), touch right toe back
- 7-8 Cross right toe behind left and unwind $\frac{3}{4}$ to right, dropping onto the right heel

You should now be facing a $\frac{1}{4}$ left of original wall (3:00) and weight is on right

KICK & TOUCHES, CROSS UNWIND $\frac{1}{2}$ LEFT, BODY ROLL

- 1&2 Kick left forward, bring left center, touch right to right side
- 3&4 Kick right forward, bring right center, touch left to left side
- 5-6 Cross left behind right and unwind $\frac{1}{2}$ to the left

Advanced dancers can spin 1 $\frac{1}{2}$ time and go right into the body roll

- 7&8 Body roll or hip circle (weight ends up on left)

MASH POTATOES BACKWARDS, TOE/HEEL $\frac{1}{2}$ TURNS TO THE RIGHT

- & Lift right foot slightly off floor and turn both heels out/ toes in (in 3rd position)
- 1 Step back onto right foot as you turn both heels in/toes out
- & Lift left foot slightly off floor and turn both heels out/ toes in
- 2 Step back onto left foot as you turn both heels in/toes out
- & Lift right foot slightly off floor and turn both heels out/ toes in
- 3 Step back onto right foot as you turn both heels in/toes out
- & Lift left foot slightly off floor and turn both heels out/ toes in
- 4 Step back onto left foot as you turn both heels in/toes out

Weight to left foot

- 5-6 Turning a $\frac{1}{2}$ turn over the right shoulder step forward on right toe, drop right heel
- 7-8 Turning a $\frac{1}{2}$ turn over the right shoulder step forward on the left toe, drop left heel

FUNKY WALK FORWARD WITH FUNKY ARMS

- 1-2 Walk forward right, left (rocking/bopping body side to side bring arms up to sides about chest high)
- 3 Leaning body back (weight going to left) extend right leg forward on heel of right (toes up and pointing right)

Arms are up: left, arm is in front of body as if you are looking at your watch; right, arm hangs down to right, side and right, shoulder is back and dropped slightly down, turn head slightly to the right

- 4 Step right foot back

You will actually be on the ball of the right foot (weight staying on left) leaning body forward. Right, arm is up and crossed in front of body chest high, left arm hangs by left side

- 5-7 Walk forward: right, left, right (rocking body side to side bring arms up to sides about chest high)
- 8 Leaning body back (weight going to right) extend left leg forward on heel of left (toes up and pointing left)

Arms are up: right arm is in front of body as if you are looking at your watch; left arm hangs down to left side and left shoulder is back and dropped slightly down. Turn head slightly to the left.

Variation:

- 1-2 Stomp forward on right, hold

3-4	Stomp forward on left, hold
5-7	Walk forward right, left, right
8	Tap left heel forward

REPEAT

For those that have problems with the Mash Potato part, they can just walk back for 4 counts or do this variation

&	Lift right
1	Place heel of right behind left (weight goes to right)
&	Lift left
2	Place heel of left behind right (weight goes to left)
&3&4	Repeat &1&2
