

Don't Just Walk It

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Walkin' On Me (He Man Mix) - Big House



STEP APART RIGHT THEN LEFT, SWIVEL TOES-HEELS-TOGETHER CROSS, UNWIND 3/4 TURN LEFT, SYNCOPATED STEP-ROCK-TOGETHER

- 1 Step right foot to right side
- 2 Step left foot to left side ending with feet apart.
- 3 Bring both toes inward, left toe to right and right toe to left.
- & Push off balls of both feet, bring heels together.
- 4 Bring both toes together to face forward ending weight on left foot.
- 5 Cross right foot in front of left foot
- 6 Unwind 3/4 turn left ending weight on left foot.
- 7 Step right foot forward.
- & Rock back onto left foot.
- 8 Step right foot next to left foot ending weight on right foot.

LEFT HEEL FORWARD, DRAG, SYNCOPATED HIP ROLLS HOLD, SYNCOPATED JUMPS IN PLACE

- 9 Extend left leg forward and touch left heel forward.
- 10 Drag right foot next to left foot, keeping weight onto left foot.
- 11&12 Roll hips two full circles (counterclockwise)
- 13-14 Two steps in place- right then left
- 15 Hold with weight on both feet
- &16 Jump in place twice with both feet ending weight on left foot

TWO 1/2 TURNS BACK, TRIPLE IN PLACE, TWO STEPS FORWARD, SHUFFLE FORWARD

- 17 Pivot 1/2 turn right, step right foot forward
- 18 Pivot 1/2 turn right, step left foot back
- 19&20 Triple in place, stepping r-l-r
- 21-22 Two steps forward- left then right
- 23&24 Shuffle forward l-r-l

THREE MARCHING STEPS BACK, STOMP TOGETHER HOLD, HOLD & CLAP, HOLD, SYNCOPATED JUMPS IN PLACE

- 25-27 Three marching steps back-right, left, right
- 28 Stomp left foot next to right foot
- 29-31 Hold; hold with a clap, hold
- &32 Jump in place twice with both feet ending weight on left foot

REPEAT

Variation: on counts 11&12 substituted hip rolls for hip thrust- pull fists in & out to hips twice use your imagination and have fun with this! For those that don't like to do turns, on counts 17 and 18 just walk it back-right then left