

# Walkin' In & Out

**COPPER** **KNOB**  
STEPSHEETS

拍数: 0                      墙数: 4                      级数: Easy Intermediate  
编舞者: John Robinson (USA) - September 2007  
音乐: The Walkin' Blues - Royal Crown Revue : (CD: Mugzy's Move)



Start 16 counts in, with the vocals.

PHRASING: B,A,B,B,B,A,B,B,A,B,B,B,A,B,B.

The phrasing is easy to follow; always start walking with the chorus ("walked right in") and on every instrumental.

## PART B: THE CHORUS

### FOUR WALKS/HOLDS WITH ATTITUDE

Styling: Be creative and walk with attitude; you can cross, strut, push your hips out, swing arms, use jazz hands, or whatever feels good.

1,2                      R step forward (1), hold (2)  
3,4                      L step forward (3), hold (4)  
5,6                      R step forward (5), hold (6)  
7,8                      L step forward (7), hold (8)

### SIDE POINT R, STEP BACK, SIDE POINT L, STEP BACK, KICK-BALL-CHANGE TWICE (TRAVELING BACK)

1,2                      R toe point to right side (1), R step back behind L (2)  
3,4                      L toe point to left side (3), L step back behind R (4)  
5&6                      R kick out to right side (5), R step ball of foot next to L and slightly back (&), L step slightly back (6)  
7&8                      R kick out to right side (7), R step ball of foot next to L and slightly back (&), L step slightly back (8)

### FOUR WALKS/HOLDS WITH ATTITUDE

1-8                      Repeat first 8 counts

### SIDE POINT R, STEP BACK, SIDE POINT L, STEP BACK, KICK-BALL-CHANGE TWICE (TRAVELING BACK)

1-8                      Repeat second 8 counts

### STEP, LOCK, STEP, STOMP, HEEL SPLIT, R KICK FORWARD TWICE

1,2                      R step forward (1), L lock step behind R (2)  
3,4                      R step forward (3), L stomp behind R in 3rd position (L instep to R heel) (4)  
5,6                      With weight on balls of feet, split heels apart (5), bring heels together ending with weight on L (6)  
7,8                      Rock back slightly on L while kicking R forward (7), R kick forward again (8)

### R ROCK BACK, RECOVER, R STEP FORWARD, 1/2 PIVOT LEFT (KEEP WEIGHT BACK), L HEEL TAP 4 TIMES TURNING 3/4 LEFT

1,2                      R rock back ball of foot (1), recover to L (2)  
3,4                      R step forward (3), pivot 1/2 L (6:00), keeping weight on R(4)  
5,6,7,8                      L heel tap to floor 4 times, gradually turning 3/4 left (3:00), finishing with weight forward on L (5-8)

## PART A: THE VERSES

### SIDE TOE-HEEL STRUTS

1,2                      R toe touch to right side (1), R heel snap down to floor taking weight (2)  
3,4                      L toe touch across R (3), L heel snap down to floor taking weight (4)

- 5,6 R toe touch to right side (6), R heel snap down to floor taking weight (6)  
7,8 L toe touch across R (7), L heel snap down to floor taking weight (8)

**R HEEL GRIND W/1/4 TURN RIGHT, BACK ROCK, RECOVER (REPEAT)**

- 1,2 R heel touch forward w/toe turned left (1), R heel grind turning toe and body 1/4 right (6:00)  
(2)  
3,4 R rock back ball of foot (3), recover to L (4)  
5,6 R heel touch forward w/toe turned left (5), R heel grind turning toe and body 1/4 right (9:00)  
(6)  
7,8 R rock back ball of foot (7), recover to L (8)

**ANGLED BRUSH STEPS TOWARD RIGHT DIAGONAL (Angle body and travel towards 10:30)**

- 1,2 R brush forward (1), R step forward across L (2)  
3,4 L brush forward (3), L step forward across R (4)  
5,6 R brush forward (5), R step forward across L (6)  
7,8 L brush forward (7), L step forward across R (8)

**R ROCKING CHAIR, R CHASE TURN, HOLD/POSE (Body is still angled toward right diagonal)**

- 1,2 R rock forward ball of foot (1), recover to L (2)  
3,4 R rock back ball of foot (3), recover to L (4)  
5,6 R step forward toward right diagonal (10:30) (5), pivot 1/2 left (4:30) on balls of feet (6)  
7,8 R step forward toward right diagonal (4:30) (7), hold/ throwing hands out at waist level, palms to floor (8)

**CROSS, BACK, SIDE, CROSS, SIDE, TOGETHER, HEEL TWIST LEFT**

- 1,2 L step across R (1), R step back (2)  
3,4 L step side left squaring up to 3:00 wall (3), R step across L (4)  
5,6 L step side left (5), R step next to L (6) Option: hop side left landing on L (&), bring R together (5), hold (6)  
7,8 With weight on balls of feet, turn heels left (7), return heels to center placing weight on L (8)

**START AGAIN AND ENJOY!**

**END OF SONG: For those of you that like to finish with style, turn the final set of heel taps (unwind) until you face the front, then strike a pose with jazz hands.**

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