

Walk

拍數: 32 牆數: 4 級數: Improver
編舞者: Sandra Hanisch (DE) - February 2015
音樂: Walk - Kwabs



The dance is beginning after 10 beats

Side-behind-side-cross-Mambo side r + l

- 1& Step Right to Right side, cross Left behind Right
- 2& Step Right to right side, cross Left in front of Right
- 3&4 Rock Right to Right side, recover, step Right next to Left (weight ending Right)
- 5& Step Left to Left side, cross Right behind Left
- 6& Step Left to Left side, cross Right in front of Left
- 7&8 Rock Left to Left side, recover, step Left next to Right (weight ending Left)

¼ turn l, hip bump, ¼ turn l, hip bump, hip bumps

- 1-2 Step Right ¼ turn Left (facing 9:00 Wall) with hip bump right (weight ending on Right)
- 3-4 ¼ turn Left, step Left to Left with hip to Left (facing 6:00, weight ending on Left)
- 5-6 Step Right to Right side and sway Right, step Left to Left side and sway Left (weight ending Left)
- 7&8 Step Right to Right side, sway, step Left to Left side, sway, step Right to Right side, sway (weight ending on RF)

(Restart: In round 6 – facing 6:00 Wall – on “&” sway Left, finished and from the beginning)

¼ turn l/shuffle forward, step-touch-step-touch-back, back 3 (with heel swivels), coaster step

- 1&2 ¼ turn left and step Left forward (facing 3:00 Wall), step Right next to Left, step Left forward
- 3& Step diagonal Right forward, touch Left next to Right
- 4&5 Step diagonal Left forward, touch Right next to Left, step Right back (turn the Left toe outward)
- 6&7 3 small steps back (Left, Right, Left and each turn the front toes outward)
- 8&1 Step Right back, step Left next to Right, step Right forward

(Option: 3 small steps back in a full turn Left)

¼ paddle turn r 2x, close, point & point & kick-ball-change

- &2 Left toe point forward and ¼ turn Right (facing 6:00 Wall)
- &3 Left toe point forward and ¼ turn Right (facing 9:00 Wall)
- 4 Left next to Right (weight ending Left)
- 5& Point Right to Right side, Right next to Left (weight ending Right)
- 6& Point Left to Left side, Left next to Right (weight ending Left)
- 7&8 Kick Right forward, Right next to Left and step Left on place

Tag/□(Ending Round 2 – 6:00 Wall)

Side, touch r + l, syncopated jazz box (with toe struts)

- 1-2 Slide Right to Right side, touch Left next to Right
- 3-4 Slide Left to Left side, touch Right next to Left
- 5& Right cross in front of Left (only tip the toe and heel down)
- 6& Step Left back (only tip the toe and heel down)
- 7& Step Right to Right side (only tip the toe and heel down)
- 8& Step Left next to Right (only tip the toe and heel down) (weight ending on Left)

Tag:□(Ending round 4 – 12:00 Wall)

Side, rock back-rock forward-rock back r +l

- 1 Slide Right to Right side
- 2& Rock Left back, recover

3& Rock Left forward, recover
4& Rock Left back, recover
5 Slide Left to Left side
6& Rock Right back, recover
7& Rock Right forward, recover
8& Rock Right back, recover

Side, shuffle forward, step-pivot ½ r-step, shuffle forward, step-½ turn l/touch

1 Slide Right to Right side
2&3 Step Left forward, step Right next to Left, step Left forward
4&5 Step Right forward, ½ turn Left and step Right forward
6&7 Step Left forward, step Right next to Left, step Left forward
8&(1) Step Right forward, ½ turn Left (weight ending on Left) and (Step Right to Right side)

Contact: sandra.hanisch2013@gmail.com
