

# Memories Stroll

**COPPER KNOB**  
STEPSHEETS

拍數: 42      牆數: 4      級數: High Beginner  
編舞者: Bubba Carl Williams (USA) & Joy Hicks Williams (USA) - July 2016  
音樂: Been Around a Long Time - Delbert McClinton & Glen Clark



**Intro: 24 beats, start with vocals**

## **S1: Stroll Right Foot**

- 1-4            Cross right foot over left, tap toe, bring right foot back tap, cross right foot over left, tap, bring right foot back replace weight.  
5-6            Bring left foot behind right, bring right foot back to left with weight

## **S2: Stroll Left Foot**

- 1-4            Cross left foot over right, tap toe, bring left foot back tap, cross left foot over right, tap, bring left foot back replace weight.  
5-6            Bring right foot behind left, bring left foot back to right with weight

## **S3: Twist About**

- 1-2            Shag Front Prep Step right foot over left point left foot out (point toe of left foot out)  
3&4            Cross left behind right, step right, cross left front across right  
5-6            Cross right foot over left (balls of your feet) twist or rotate body 180° ½ wall turn. Place weight on left foot

## **S4: Cha Cha, Rock Replace**

- 1&2            Right foot cha cha cha forward (shuffle, shuffle)  
3&4            Left foot cha cha cha forward (shuffle, shuffle)  
5-6            Rock forward on right foot, recover weight back on to left foot

## **S5: Cha Cha, Rock Replace**

- 1&2            Right foot cha cha cha back (shuffle, shuffle)  
3&4            Left foot cha cha cha back (shuffle, shuffle)  
5-6            Rock backward on right foot; recover weight back on to left foot

## **S6: Front Prep, Syncopated Jazz Box**

- 1-2            Shag Front Prep Step right foot over left point left foot out (point toe of left foot out)  
3&4            Cross left behind right; step right, cross left front across right  
5-6            Cross right foot over left doing a step turn ¼ left. Place weight on left foot

## **S7: Stroll Walk (Forward)**

- 1-2            Step forward on right foot with weight, step left behind right (lock step)  
3-4            Step forward on right foot with weight, step forward on left foot with weight  
5-6            Step right foot behind left (lock step), step forward on left with weight

**Repeat to end**

---