

# 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**

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