

# 10 Minute Walk

**COPPER** **KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數:  
編舞者: Simon Ward (AUS) & Bracken Heidenreich (USA) - April 2017  
音樂: Gonna Walk - Barenaked Ladies & The Persuasions : (Album: Ladies and Gentleman... - iTunes USA - 2:41)



Intro: 16 counts

Restart: after 16 counts on wall 3 (facing 12:00)

## [1-8] WALK RIGHT, LEFT, 1/4 BALL CROSS, 1/4 WALK, WALK, 1/4 BALL CROSS, BALL CROSS, SIDE

1,2            Step right forward, step left forward  
&3            Turn 1/4 left and step ball of right slightly to side [9:00], Step left across right  
4,5            Turn 1/4 right and step right forward [12:00], Step left forward  
&6&7          Turn 1/4 left and step ball of right slightly to side [9:00], Step left across right, Step ball of right next to left, Step left across right  
8              Step right to right side

## [9-16] TOUCH, KICK BALL CROSS, SIDE, SAILOR STEP, 1/4 SAILOR STEP

1,2&3          Touch left next to right, Kick left to forward left diagonal, Step ball of left to left side, Step right across left  
4              Step left to left side  
5&6            Step right behind left, Step Left to left side, Step Right to right side  
7&8            Step left behind right [6:00], Step right to right side, Turn 1/4 left and step left forward

**RESTART HERE ON WALL 3, FACING 12:00**

## [17-24] CROSS, TAP, BACK, KICK, SIDE, CROSS, SIDE, DRAG, BALL CROSS, SIDE

1,2            Step Right across left, Tap Left toe behind right heel  
&3            Step Left back, Kick Right forward  
&4            Step Right to right side, Step Left across right  
5,6            Large step Right to right side, Drag left towards right  
&7,8          Step Left to left side, Step Right across left, Step Left to left side

## [25-32] BACK ROCK, TRIPLE FORWARD, WALK AROUND (3X), TOUCH

1,2            Rock Right back, Recover in place on Left  
3&4            Step Right forward, Close Left next to right, Step Right forward  
5,6,7          Walk in 3/4 circle to right: Left, Right, Left [3:00]  
8              Touch Right next to left

**START AGAIN! ENJOY!**

Hey, it finishes on the front, too!

Simon Ward bellychops@hotmail.com  
Bracken Ellis, brackenNCV@gmail.com