

Baby It's Still True (Walker-Rollator)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 1 級數: Ultra Beginner - Walker
編舞者: Rosie Multari (USA) - September 2014
音樂: More Today Than Yesterday - Spiral Starecase
或: Build Me Up Buttercup - The Foundations
或: Build Me Up Buttercup - Glenn Rogers
或: Who Says You Can't Go Home - Bon Jovi & Jennifer Nettles



(Walker modifications provided, with Choreographer's permission, by A.J. Herbert, ajluv2dans@gmail.com, Certified Group Exercise Instructor, National Exercise Trainer's Association (NETA), including ABLE Bodies Balance Training, FallProof!, and Fitness Over Fifty.)

Intro: Begin on lyrics

SIDE SLIDE RIGHT, BACK ROCK, ROCKING CHAIR

1-2 Big step right side, drag left toward right (within the width of the walker)
3-4 Rock left back, recover to right
5-8 Rock left forward, recover to right, rock left back, recover to right

SIDE SLIDE LEFT, BACK ROCK, ROCKING CHAIR

1-2 Big step left side, drag right toward left (within the width of the walker)
3-4 Rock right back, recover to left
5-8 Rock right forward, recover to left, rock right back, recover to left

STEP RIGHT SIDE, LEFT, STEP SIDE, TOGETHER, FORWARD

1-2 Step right side, touch left together (within the width of the walker)
3-4 Step left side, touch right together (within the width of the walker)
5-8 Step right forward, step left together, step right forward, hold

STEP LEFT SIDE, RIGHT, STEP SIDE, TOGETHER, BACK

1-2 Step left side, touch right together (within the width of the walker)
3-4 Step right side, touch left together (within the width of the walker)
5-8 Step left back, step right together, step left back, hold

REPEAT
