

# Swingin' Thing (Walker-Rollator)

COPPER KNOB  
STEPSHEETS

拍數: 32                      牆數: 1                      級數: Newcomer - Walker  
編舞者: Jo Thompson Szymanski (USA) & Rita Thompson (USA) - August 2014  
音樂: Honey Hush - Scooter Lee  
或: Pride & Joy - Scooter Lee  
或: Ain't Nobody Got the Blues - Scooter Lee



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

## WALK FORWARD RIGHT, LEFT, RIGHT, KICK, WALK BACK LEFT, RIGHT, LEFT, TOUCH, REPEAT

1-2                      Step forward with Right foot (1), Step forward with Left foot (2).

3-4                      Step forward with Right foot (3), Kick Left foot forward (4).

**Note: On count 4, for better balance, touch the Left foot beside Right instead of kicking forward.**

5-6                      Step back with Left foot (5), Step back Right foot (6).

7-8                      Step back with Left foot (7), Touch Right foot beside Left (8).

1-8                      Repeat the above 8 counts.

## HIP BUMPS RIGHT, HIP BUMPS LEFT

1-2                      With weight on Right, bump right hip to right (1), Hold (2).

3-4                      Shift weight to Left, bump left hip to left (3), Hold (4).

5-6                      Shift weight on Right, bump right hip to right (5), Hold (6).

7-8                      Shift weight on Left, bump left hip to left (7), Hold (8).

**Note: Keep those hands on those walkers!**

## DOUBLE HIP BUMPS RIGHT, HIP BUMPS LEFT

1-2                      With weight on Right, bump right hip to right twice (1), (2).

3-4                      With weight on Left, bump left hip to left twice (3), (4).

5-6                      With weight on Right, bump right hip to right twice (5), (6).

7-8                      With weight on Left, bump left hip to left twice (7), (8).

**Note: Keep those hands on those walkers!**

## BEGIN AGAIN

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