

# Country as Can Be (Walker-Rollator)

**COPPER** **KNOB**  
STEPSHEETS

拍數: 32                      牆數: 4                      級數: Beginner  
編舞者: Suzanne Wilson (USA) - January 2011  
音樂: Country As a Boy Can Be - Brady Seals



(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.)

## RIGHT FOOT STEP-STOMP, LEFT FOOT STEP-STOMP

1-4                      Step forward stomping Right foot, hold for 3 counts  
5-8                      Step forward stomping Left foot, hold for 3 counts

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

## ROCKING CHAIR (TWICE)

1-2                      Rock forward on right, recover left  
3-4                      Rock back on right, recover left  
5-8                      Repeat steps 1-4

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

## WALK FORWARD ARCING IN 1/4 TURN LEFT

1-2                      Step Right forward beginning 1/4 arc left (1), Scuff Left forward (2).  
3-4                      Step Left forward continuing arc (3), Scuff Right forward (4).  
5-6                      Step Right forward completing 1/4 arc left (5), Scuff Left forward (6).  
7-8                      Step Left foot forward (7), Hold (8).

## WALK BACK, WALK FORWARD

1-2                      Step Right back (1), Step Left back (2).  
3-4                      Step Right back (3), Touch Left beside Right (4).  
5-6                      Step Left forward (5), Step Right forward (6).  
7-8                      Step Left forward (7), Touch Right beside Left (8).

**REPEAT**

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