

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, 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
