

# Barefootin' (Walker-Rollator)

**COPPER** **KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Ultra Beginner - Walker  
編舞者: Jo Thompson Szymanski (USA) & Rita Thompson (USA) - July 2002  
音樂: Barefootin' - Scooter Lee



(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.)

## **POINT RIGHT, STEP TOGETHER, POINT LEFT, STEP TOGETHER**

1-2            Point Right toe to Right side (1), Hold (2).  
3-4            Step Right foot beside Left (3), Hold (4).  
5-6            Point Left toe to Left side (5), Hold (6).  
7-8            Step Left foot beside Right (7), Hold (8).

## **POINT RIGHT, STEP TOGETHER, POINT LEFT, STEP TOGETHER**

1-2            Point Right toe to Right side, (1), Hold (2).  
3-4            Step Right foot beside Left (3), Hold (4).  
5-6            Point Left toe to Left side, (5), Hold (6).  
7-8            Step Left foot beside Right (7), Hold (8).

## **WALK FORWARD RIGHT, LEFT, RIGHT, LEFT**

1-2            Step forward with Right foot (1), Hold (2).  
3-4            Step forward with Left foot (3), Hold (4).  
5-6            Step forward with Right foot (5), Hold (6).  
7-8            Step forward with Left foot (7), Hold (8).

## **WALK BACK ARCING IN 1/4 TURN RIGHT**

1-2            Step Right back beginning 1/4 arc right (1), Hold (2).  
3-4            Step back with Left foot (3), Hold (4).  
5-6            Step Right back completing 1/4 arc right (5), Hold (6).  
7-8            Step Left foot beside Right (7), Hold (8).

**Start again from the beginning.**

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