

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, 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.
