

# The Locomotion (Starter) (Walker-Rollator)

**COPPER KNOB**  
STEPSHEETS

拍數: 32                      牆數: 4                      級數: Newcomer / Beginner - Walker  
編舞者: Jo Thompson Szymanski (USA) & Rita Thompson (USA) - 22 September 2004  
音樂: Locomotion - Scooter Lee  
或: Sweet Home New Orleans - Scooter Lee  
或: Pretend - Scooter Lee



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To order Scooter's music, visit [www.scooterlee.com](http://www.scooterlee.com) or call 800-531-4379

(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.)

## "TRAIN STEP" – ROCK FORWARD, RECOVER, ROCK BACK, RECOVER, ROCK FORWARD, RECOVER, TRIPLE IN PLACE

- 1-2                      Rock forward with Right foot (1), Replace weight back to Left foot (2).
- 3-4                      Rock back with Right foot (3), Replace weight forward to Left foot (4).
- 5-6                      Rock forward with Right foot (5), Replace weight back to Left foot (6).
- 7&8                      Step together with Right foot (7), Step in place with Left foot (&), Step in place with Right foot (8).

## "TRAIN STEP" – ROCK FORWARD, RECOVER, ROCK BACK, RECOVER, ROCK FORWARD, RECOVER, TRIPLE IN PLACE

- 1-2                      Rock forward with Left foot (1), Replace weight back to Right foot (2).
- 3-4                      Rock back with Left foot (3), Replace weight forward to Right foot (4).
- 5-6                      Rock forward with Left foot (5), Replace weight back to Right foot (6).
- 7&8                      Step together with Left foot (7), Step in place with Right foot (&), Step in place with Left foot (8).

## WALK-SCUFF 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), Scuff Right forward (8).

## WALK BACK

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

Start again.

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