

The Walk

拍數: 64 牆數: 2 級數: Improver
編舞者: Larry Pizzini Jr. (USA) - March 2025
音樂: Walk of Life - Dire Straits



* 1 restart

Dance starts approximately at 37 seconds, 64 counts after the beat starts

Right K-Step With Claps

1,2 Step RF diagonally forward to the right, touch LF next to RF clapping hands
3,4 Step LF diagonally back to the left, touch RF next to LF clapping hands
5,6 Step RF diagonally back to the right, touch LF next to RF clapping hands
7,8 Step LF diagonally forward to the left, touch RF next to LF clapping hands

Heels, Toes, Heels, Heel Flick, Heels, Toes Heels, Heel Flick

1,2 Swivel both heels to the right, swivel both toes to the right
3,4 Swivel both heels to the right, flick L heel behind R knee
5,6 Swivel both heels to the left, swivel both toes to the left
7,8 Swivel both heels to the left, flick R heel behind L knee

Funky Walk, R Toe Strut, L Toe Strut

1,2 Step RF forward rolling right knee out, step LF forward rolling left knee out
3,4 Step RF forward rolling right knee out, step LF forward rolling left knee out
5,6 Touch R toe forward, step down on RF
7,8 Touch L toe forward, step down on LF

Right ¼ Turn Monterey, Right ¼ Turn Monterey

1,2 Point RF to the right, make a ¼ turn right stepping RF next to LF
3,4 Point LF to the left, step LF next to RF
5,6 Point RF to the right, make a ¼ turn right stepping RF next to LF
7,8 Point LF to the left, step LF next to RF

Restart happens here on the 6th repetition!!!

Charleston Step (X2)

1,2 Step RF forward, kick LF forward
3,4 Step LF next to RF, touch right toe back
5,6 Step RF forward, kick LF forward
7,8 Step LF next to RF, touch right toe back

Step, Lock, Step, Scuff, Jazz Box Scuff

1,2 Step RF forward, cross LF behind RF
3,4 Step RF forward, scuff LF forward
5,6 Cross LF over RF, step back on RF
7,8 Step LF slightly to the left, scuff RF forward

Cross Weave, Cross Strut, Toe Strut

1,2 Cross RF over LF, step LF to the left
3,4 Cross RF behind LF, step LF to the left
5,6 Cross R toe over LF, step down on RF
7,8 Touch L toe to the left, step down on LF

Kick, Kick, Rock, Recover, Step, L ½ Pivot, Step, L ½ Pivot

- 1,2 Kick RF forward twice
- 3,4 Rock back on RF, recover on LF
- 5,6 Step RF forward, make a ½ turn left taking weight on LF
- 7,8 Step RF forward, make a ½ turn left taking weight on LF

ALTERNATE STEPS FOR THE 2ND SET OF 8!!!

Right Applejack Walk, Heel Flick, Left Applejack Walk, Heel Flick

- 1 With weight on R heel and ball of LF, swivel R toe and L heel to the right (feet should be making a "V" with toes pointed outward)
 - 2 With weight on L heel and ball of RF, swivel L toe and R heel to the right (feet should be making a backwards "V" with heels pointed out)
 - 3 With weight on R heel and ball of LF, swivel R toe and L heel to the right (feet should be making a "V" with toes pointed outward)
 - 4 With weight on ball of RF, swivel R heel right while flicking LF behind R knee
 - 5 With weight on ball of RF, swivel R heel left while stepping L heel down swivelling L toe left (feet should be making a "V" with toes pointed outward)
 - 6 With weight on R heel and ball of LF, swivel R toe and L heel to the left (feet should be making a backwards "V" with heels pointed out)
 - 7 With weight on L heel and ball of RF, swivel L toe and R heel to the left (feet should be making a "V" with toes pointed out)
 - 8 With weight on ball of LF, swivel L heel left while flicking RF behind L knee
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