

K.C. Walkin'

拍數: 48 牆數: 2 級數:
編舞者: Kathy Cooke
音樂: Walking to Jerusalem - Tracy Byrd



KICK, KICK, BACK-TOGETHER-FORWARD

1-2 Kick right foot forward, kick right foot forward but slightly higher
3 Step back on right foot
& Step back on left foot
4 Step forward on right foot

KICK, KICK, BACK-TOGETHER-FORWARD

5-6 Kick left foot forward; kick left foot forward but slightly higher
7 Step hack on left foot
& Step back on right foot
8 Step forward on left foot

TOE/HEEL WALK FORWARD

9-10 Step right toe slightly forward; lower right heel to the floor
11-12 Step left toe slightly forward; lower left heel to the floor
13-14 Step right toe slightly forward; lower right heel to the floor
15-16 Step left toe slightly forward, lower left heel to the floor

JAZZ SQUARES WITH ¼ TURN

17-18 Cross right foot over left foot; step back on left foot
19-20 Step ¼ turn right on right foot; close left foot next to right
21-22 Cross right foot over left foot; step back on left foot
23-24 Step ¼ turn right on right foot; close left foot next to right

RIGHT AND LEFT GRAPEVINES

25-26 Right foot step right; left foot step behind right
27-28 Right foot step right; touch left foot next to right
29-30 Left foot step left; right foot step behind left
31-32 Left foot step left, touch right foot next to left

DIAGONAL STEPS

33-34 Step right foot diagonally forward (45 degrees); touch left next to right
35-36 Step left foot diagonally back (45 degrees); touch right foot next to left
37-38 Step right foot diagonally back (45 degrees); touch left foot next to right
39-40 Step left foot diagonally forward (45 degrees); touch right foot next to left

KICK-BALL-CHANGES

41 Kick right foot forward
& Touch back on ball of right foot
42 Shift weight to left foot
43 Kick right foot forward
& Touch back on ball of right foot
44 Shift weight to left foot

HOP FEET OUT/OUT, IN/IN

& Step quickly to right with right foot

- 45 Step quickly to left with left foot (feet are apart)
& Step quickly in with right foot
46 Step quickly in with left foot (feet are together)

STEP/SLIDE

- 47 Step long right on right foot
48 Slide left foot to right (shift weight to left foot)

REPEAT
