

Start Walking

拍數: 0 牆數: 0 級數: Phrased Intermediate
編舞者: Mark Cosenza (USA)
音樂: These Boots Are Made For Walking - French Affair



Sequence: AAB, AAB, AAB, A- to the end

SECTION A

SHUFFLE FORWARD, BRUSH & STEP, ½ TURN SHOULDER POPS TO THE RIGHT

- 1-3 Step right forward, step left next to right, step right forward
- 4-5 Brush left forward, step left forward
- 6-8 Pivoting ½ right, pop your shoulders up and down 3 times (lean back slightly & keep weight on left)

FORWARD ROCK AND CROSS, FORWARD ROCK AND CROSS

- 1-4 Step diagonal forward rock right, recover on left, step forward & cross right over left, hold
- 5-8 Step diagonal forward rock left, recover on right, step forward & cross left over right, hold

TOUCH & BUMP, KICK & CROSS, STEP BACK & FORWARD, TOE HEEL STRUT

- 1-2 Touch right toe side right and bump hip to right, return hip to center
- 3-4 Kick right diagonal right, cross right over left
- 5-6 Step back left turning ¼ right, step forward right
- 7-8 Toe heel strut forward left

TOE HEEL STRUT, CROSS ROCK & RECOVER, STEP BACK TWICE, STEP FORWARD & BRUSH

- 1-2 Toe heel strut forward right
- 3-4 Cross rock left over right, recover on right
- 5-6 Step back left, step back right
- 7-8 Step forward left, brush right

You will always repeat Section A twice, followed by Section B

SECTION B

CROSS HOLD, TURN HOLD, STRUT AND STRUT

- 1-2 Cross right over left, hold
- 3-4 Pivot ½ turn left, hold (keep weight on left)
- 5-6 Large exaggerated strut forward right (in front of left) stepping toe, heel
- 7-8 Large exaggerated strut forward left (in front of right) stepping toe, heel

Styling tip: counts 5-8 coincide with the phrase "are made for walking", so camp it up a bit as if you are doing a catwalk

CROSS HOLD, TURN HOLD, STRUT AND STRUT

- 1-8 Repeat counts 1-8

CROSS ROCK FORWARD AND BACK, STEP FORWARD, TAP, TAP, STEP

- 1-2 Cross rock right in front of left, recover onto left
- 3-4 Cross rock right diagonal back, recover onto left
- 5 Cross step right in front of left
- 6-7 Side tap left next to right, tap again moving slightly farther side left
- 8 Step down on left (moving slightly farther side left)

TOE STRUTS & ARMS CROSS AND POINT, TOUCH FORWARD AND STEP BACK

- 1-2 Step forward toe heel strut right and cross arms forward palms down

- 3-4 Step forward toe heel strut left and snap your fingers (arms stretched forward) palms up
- 5-6 Touch right forward & point forward palms down, hold
- 7-8 Swing right back & touch right back, step down right

CHARLESTON STYLE: BACK & FORWARD, FORWARD AND BACK

- 1-2 Swing around & touch left back, hold
- 3-4 Swing around & touch left forward on ball of left, step down on left
- 5-6 Swing around & touch right forward, hold
- 7-8 Swing around & touch right back, step down on right

CHARLESTON STYLE: BACK & FORWARD

- 1-2 Swing around & touch left back, hold
- 3-4 Swing around & touch left forward on ball of left, step down on left

- 1-16 Repeat the first 16 counts from Section B

SECTION A- (THE DUM BA DA DA DUM BIT)

Dance the first 16 counts only of section A and repeat until the song fades out.

As a country alternative, you can also use the Billy Ray Cyrus version, however, you would have to adjust the phrasing sequence slightly to AAB, AABB, AAB (no A- as the song ends on the last B)

Special thanks to Eve Yeaton for her style tips
