

Walk A While

拍數: 44 牆數: 4 級數: Intermediate
編舞者: Toni Leah Stevens (AUS)
音樂: Hillbilly Shoes - Montgomery Gentry



Dance starts after words "I was there when the man came". Double clap (&1) and begin dance.

BUNNY HOP, BUNNY HOP, SHUFFLE, ROCK

1&2 Right heel 45 degrees, jump right foot back to center, left foot across right (bunny hop)
3&4 Right heel 45 degrees, jump right foot back to center, left foot across right (bunny hop)
5&6 Shuffle right-left-right to right
7-8 Rock back on left foot, then rock onto right foot

BUNNY HOP, BUNNY HOP, SHUFFLE, ROCK

1&2 Left heel 45 degrees, jump left foot back to center, right foot across left (bunny hop)
3&4 Left heel 45 degrees, jump left foot back to center, right foot across left (bunny hop)
5&6 Shuffle left-right-left to right
7-8 Rock back on right foot, then rock onto left foot

ROCK, SHUFFLE/TURN, SHUFFLE, JUMP JACK

1-2 Rock forward on right foot, then back on left
3&4 Shuffle right-left-right backwards turning full turn
5&6 Shuffle left-right-left backwards
7&8 Jump jack (like an exaggerated heel jack): jump back on right foot kicking left foot forward, jump forward on left, stomp right beside left taking weight on right foot

WALK, WALK, CANTER, CLAP TWICE

1-2 Step forward on left, step forward on right
&3&4 Canter feet shoulder width apart left, right, clap twice (&4)

HEELS X 3, CROSS, UNWIND, HEEL JACK

1&2 Left heel forward, jump back on left foot, right heel forward
&3-4 Jump back on right foot, left heel forward, left toe out to left side
5-6 Cross left foot across right, unwind ½ turn
&7&8 Left heel jack - jump back 45 degrees on right, left heel 45, jump forward on left, right together

HEEL, HITCH, TURN, DOUBLE BUMP

1&2 Right heel 45 degrees, hitch right heel to left knee, right heel to right slapping with right hand at the same time swivel on ball of left foot turning ¼ turn left
3-4 Step right foot to right and bump right hip, bump right hip

CROSS, BACK, FORWARD, STOMP, CLAP TWICE

1&2 Step left foot across in front of right, rock back on right, stomp forward on left foot
3&4 Stomp right together, clap twice (&4)

REPEAT

TAG

Music pauses on seventh repetition. Continue dance after one note of music (three beats of time). Music also ends at that same spot in the dance. Turn head to front on double clap.

