Walk Like A Man

拍數: 32

級數: Beginner

編舞者: Jackie Snyder (USA)

音樂: Walk Like a Man - Frankie Valli & The Four Seasons

RIGHT AND LEFT ANGLED TOE STRUTS; ROCK FORWARD AND BACK; RIGHT BACK COASTER STEP

- 1-2 Point right toe 45 degrees forward to right, step down on right heel
- 3-4 Point left toe 45 degrees forward to left, step down on left heel
- 5-6 Rock forward on right, back on left
- 7&8 Step back on right, step left next to right, step forward on right

LEFT AND RIGHT 45 DEGREE TOE STRUTS; STEP FORWARD; HEEL BOUNCES TURNING ¼ RIGHT

- 1-2 Point left toe 45 degrees forward to left, step down on left heel
- 3-4 Point right toe 45 degrees forward to right, step down on right heel
- 5-8 Step forward on left, while bouncing up and down on toes and heels turn 1/4 turn to right with weight ending on left

STEP SIDE, BEHIND AND CROSS, HOLD; TWICE

- 1-2 Step right to right side, step left behind right
- &3-4 Step right to right side, cross left over right, hold and snap fingers on both hands (weight is on left)
- 5-6 Repeat counts 1-2 above
- &7-8 Repeat counts &3-4 above

1/4 TURN RIGHT, WALK FORWARD, BRUSH, JAZZ SQUARE WITH 1/4 TURN LEFT, TOUCH

- 1-4 Turn ¼ turn right and walk forward right, left, right, brush left foot
- 5-8 Cross left over right, step back on right, turn ¼ left stepping forward on left, touch right next to left

REPEAT





牆數:4