

Walk On

拍數: 0 牆數: 0 級數:
編舞者: Dan Morrison (CAN)
音樂: Walk On - Reba McEntire



Sequence: AA, BB, AB, C, BB

Every time the chorus begins with the words "walk on" I have designed the dance so that we are walking forward. Because of a beat change about 3/4 of the way through the song, I omitted the 1/4 turns from the dance (see notation after the 78th step). Don't let the number of steps mislead you. This is a very simple dance and could be taught at the beginner level.

PART A

- 1-4 Step side right, left behind, side right, touch left beside right
- 5-8 Rock forward on left, back on right, rock back on left, forward on right
- 9-12 Step side left, right behind, side left, touch right beside left
- 13-16 Rock forward on right, back on left, rock back on right, forward on left
- 17-20 One 3-step side shuffle to the right (right-left-right); one 3-step side shuffle to the left (left-right-left)
- 21-24 Step forward on right, ¼ turn to the left; step forward on right, ¼ turn to the left

PART B

- 1-4 Walk forward right, left, right, turn to the right (hitching left knee) (weight on right)
- 5-8 Walk forward left, right, left, ½ turn to the left (hitching right knee) (weight on left)
- 9-14 Three 3-step shuffles forward: (right-left-right; left-right-left; right-left-right)
- 15-16 Step forward on left, ½ turn to the right

- 17-20 Walk forward left, right, left, ½ turn to the left (hitching right knee) (weight on left)
- 21-24 Walk forward right, left, right, ½ turn to the right (hitching left knee) (weight on right)
- 25-30 Three 3-step shuffles forward: (left-right-left; right-left-right; left-right-left)
- 31-32 Step forward on right, ½ turn to the left

PART C

- 1-4 Step side right, left behind, side right, touch left beside right
- 5-8 Rock forward on left, back on right, rock back on left, forward on right
- 9-12 Step side left, right behind, side left, touch right beside left
- 13-16 Rock forward on right, back on left, rock back on right, forward on left
- 17-20 One 3-step side shuffle to the right (right-left-right); one 3-step side shuffle to the left (left-right-left)

¼ turns are omitted in this part of the dance