

Walk Tall

拍數: 32 牆數: 4 級數: Improver
編舞者: Lois Lightfoot (UK)
音樂: We Shall Be Free - Garth Brooks



ROCK SIDE & ACROSS, STEP SIDE TOGETHER, RIGHT & LEFT

1&2 Rock right out to side, recover weight onto left foot, step right across left
3-4 Step left foot to side, slide right next to left
5&6 Rock left foot out to side, recover weight onto right foot, step left across right
7-8 Step right foot to side, slide left foot to right foot

COASTER FORWARD RIGHT, SHUFFLE BACK, COASTER BACK RIGHT, PIVOT ¼ TURN RIGHT

9&10 Step right foot forward, step left next to right, step right foot back
11&12 Step left foot back, lock right foot to left foot, step left foot back
13&14 Step right foot back, step left next to right, step right foot forward
15-16 Step left foot forward. Pivot ¼ turn to right

CROSS ROCK, ROCK BACK CROSS SHUFFLE, ROCK OUT RECOVER

17-18 Cross rock left foot over right foot, recover weight onto right foot
19-20 Rock left foot out to side, recover weight onto right foot
21&22 Step left foot over right foot, step right to left, step left over right
23-24 Rock right foot out to side, recover weight onto left foot

SAILOR, ROCK OUT RECOVER, SAILOR SHUFFLE, PIVOT ½ TURN

25&26 Cross right behind left, step left to side, step right to side
27-28 Rock left foot out to side, recover weight onto right foot
29&30 Step left behind right, step right to side, step left to side
31-32 Step right foot forward, pivot ½ turn to left

REPEAT

To make the dance more interesting try adding:

13&14 Full turn to right stepping, right, left, right
25&26 Full turn over right shoulder, stepping right, left, right