

The Walk

拍數: 64 牆數: 4
編舞者: Phil Johnson (UK)
音樂: Walk of Life - Dire Straits



RIGHT AND LEFT TOE STRUTS WITH FINGER CLICKS; RIGHT JAZZ BOX ¼ TURN RIGHT

- 1-4 Step right toe forward on right diagonal; drop right heel down clicking fingers forward (swaying hips right) (slightly leaning forward if you like); step left toe forward on left diagonal; drop left heel down clicking fingers forward (swaying hips left) (slightly leaning forward if you like)
- 5-8 Cross right foot over left; step back on left; ¼ turn right stepping right to right side; touch left toe next to right. (3:00)

LEFT AND RIGHT TOE STRUTS WITH FINGER CLICKS; LEFT JAZZ BOX ½ TURN LEFT

- 9-12 Step left toe forward on left diagonal; drop left heel down clicking fingers forward (swaying hips left) (slightly leaning forward if you like); step right toe forward on right diagonal; drop right heel down clicking fingers forward (swaying hips right) (slightly leaning forward if you like)
- 13-16 Cross left foot over right; step back on right turning ¼ left; ¼ turn left stepping left to left side; touch right toe next to left. (9:00)

RIGHT SCISSOR STEP; SIDE BEHIND ¼ LEFT, STEP ½ TURN LEFT

- 17-20 Step right to right side; step left next to right; cross right over left; step left to left side
- 21-24 Cross step right behind left; step left to left side ¼ turning left; step forward on right; pivot ½ turn left (weight forward on right) (12:00)

FORWARD RIGHT; HOLD; PADDLE FULL TURN RIGHT

- 25-28 Step forward on right; hold. (keeping weight on right) ¼ turn right rocking to left on left toe, recover weight on right; (3:00)
- 29-32 (Keeping weight on right) ½ turn right rocking on left toe to left side, recover weight on right; (9:00) ¼ turn right rocking on to left toe to left and recover weight on right (12:00)

Alternative steps

- 27-28 Rock forward on left; recover on right
- 29-32 Rock back on left, recover weight on right; rock left to left side, recover weight on right

LEFT ROCKING CHAIR; STEP PIVOT ½ TURN RIGHT; ¼ TURN LEFT

- 33-36 Rock forward on left; recover weight on right; rock back on left; recover weight forward on right (12:00)
- 37-40 Step forward on left; pivot ½ turn right; step forward on left (weight on left); ¼ turn left stepping right to right side. (3:00)

TOUCH STEPS FULL TURN LEFT

- 41-44 Touch left toe next to right; ¼ turn left stepping left to left side; touch right toe next to left; ¼ turn left stepping right to right side
- 45-48 Touch left toe next to right; ¼ turn left stepping left to left side; touch right toe next to left; ¼ turn left stepping right to right side

Alternative steps:

- 44-48 ¼ turn right stepping forward on right (3:00); touch left toe to next to right; step left to left side, touch right toe next to left; step right to right side

ROCK BACK LEFT; RECOVER; LEFT LOCK LEFT BRUSH STEP ½ TURN LEFT

- 49-52 Rock back on left; recover weight forward on right; step left forward; lock right behind left
- 53-56 Step forward on left; brush right foot forward; step forward on right; pivot ½ turn left (9:00)

STEP FORWARD, ¼ TURN RIGHT ROCKING TO LEFT AND CROSS; RIGHT SIDE, ¼ LEFT CROSS SIDE

57-60 Step forward on right; ¼ turn right rocking left to left side; recover weight on right; cross left over right (12:00)

60-64 Step right to right side; ¼ turn left stepping left to left side; cross right over left; step left to left side (9:00)

REPEAT
