

# Walkin'

拍數: 0                      牆數: 0                      級數:  
編舞者: Judy McDonald (CAN)  
音樂: Walkin' on Me - Big House



## PART A

### RIGHT HIP BUMPS X 4, LEFT HIP BUMPS X 4

1-8                      Bump hips right four times, bump hips left four times

### RIGHT STEP FORWARD, LEFT KICK BALL CHANGE, LEFT STEP, RIGHT SHUFFLE FORWARD, LEFT ROCK TO SIDE, RIGHT ROCK TO SIDE

1                      Step right forward  
2&3                      Kick left forward, step left back, step right in place  
4                      Step left forward  
5&6                      Step right forward, step left beside right, step right forward  
7-8                      Step left to side, step right to side

1-16                      Reverse above 16 counts (same steps, just start on the left)

### RIGHT SHUFFLE BACK (ON DIAGONAL), LEFT ROCK RIGHT STEP

#### On diagonal to right

1&2                      Step right back, step left beside right, step right back  
3-4                      Step left behind right, step right in place  
5&6-7-8                      Reverse above 4 counts (shuffle back diagonal left)

### RIGHT STEP, HOLD, LEFT STEP, RIGHT STEP, LEFT TOUCH

1-2                      Step right to side, hold  
&3-4                      Step left beside right, step right to side, touch left beside right  
5-6&7-8                      Reverse above 4 counts (step to the left, etc.)

### RIGHT STEP, LEFT SCUFF, LEFT STEP, RIGHT SCUFF, RIGHT STEP, LEFT SCUFF, LEFT STEP, RIGHT SCUFF

1-4                      Step right forward, scuff left forward, step left forward, scuff right forward  
5-6                      Repeat above 4 counts

### RIGHT STEP BACK, LEFT HEEL, 2 HEEL SWITCHES (BACKING UP SLIGHTLY)

1-2                      Step right back, touch left heel forward  
&3&4                      Step left back, touch right heel forward, step right back, touch left heel forward  
5-8                      Reverse above 4 counts (step back left, etc)

## PART B

### RIGHT STEP, LEFT STEP (FEET SHOULDER WIDTH APART), SLAP RIGHT LEG, SLAP LEFT LEG

1-2                      Step right to side, step left to side

#### Feet shoulder width apart slightly turned out

3-4                      With right hand slap the outside of your right leg, with left hand slap the outside of your left leg

### HAND TO CHEST, HANDS OUT

5-6                      Place open hands on chest one on top of the other, hold hands out from chest with palms up.  
Arms will still be bent

### 2 KNEE POPS

- &7 Bring hands together as if in prayer while bending knees by lifting heels off floor, drop heels to floor
- &8 Bend knees, drop heels. Hands stay together

**RIGHT HIP BUMPS TWICE, LEFT HIPS BUMPS TWICE, SWING HIPS RIGHT, LEFT, RIGHT, LEFT**

- 1-8 Bump hips right two times, bump hips left two times swing hips to right, then left, then right, then left

**RIGHT SIDE SHUFFLE, LEFT ROCK BACK, RIGHT STEP, LEFT KICK BALL CROSS, LEFT KICK BALL CROSS**

- 1&2 Step right to side, step left beside right, step right to side
- 3-4 Step left back, step right in place
- 5&6 Kick left to left diagonal, step left back, step right across in front of left
- 7&8 Kick left to left diagonal, step left back, step right across in front of left
- 1-8 Repeat the above 8 counts to the left
- 1-8 Repeat the above 8 counts to the right

**LEFT STEP TO SIDE, LEFT HEEL BOUNCES**

- 1-8 Step left to side, bounce left heel seven times

**Keep weight on right foot when you step left and slowly transfer your weight to the left foot during the heel bounces**

**PART C**

**RIGHT STEP FORWARD, HOLD, LEFT ¼ TURN STEP, HOLD, WALK FORWARD RIGHT, LEFT, RIGHT, LEFT**

- 1-2 Step right forward, hold
- 3-4 Make ¼ turn left and step left, hold
- 5-8 Walk forward right, left, right, left

**Put some style into these walks to make them fun!**

- 1-24 Repeat the above 8 counts three more times

**This brings you back to your original wall**

**PART D**

**RIGHT STEP FORWARD, LEFT BRUSH, LEFT STEP, RIGHT STEP, LEFT STEP, RIGHT STEP, LEFT STEP, RIGHT STEP BACK, LEFT STEP, RIGHT STEP**

- 1-2 Step right forward, brush left forward and across in front of right
- 3&4&5 Step left to right, step right behind left, step left to right, step right behind left, step left to right

**These steps move you to the right**

- 6-8 Step right back, step left beside right, step right beside left

**LEFT STEP FORWARD, RIGHT BRUSH, RIGHT STEP, LEFT STEP, RIGHT STEP, LEFT STEP, RIGHT STEP**

- 1-2 Step left forward, brush right forward and across in front of left
- 3&4&5 Step right to left, step left behind right, step right to left, step left behind right, step right to left

**These steps move you to the left**

**LEFT STEP BACK, RIGHT STEP, LEFT STEP ½ TURN**

- 6-8 Step left back, step right forward, step left forward while making a ½ turn to the right

- 1-16 Repeat above 16 counts but with no turn

**The last counts 6-7-8 will be the same as the first counts 6-7-8 but in reverse.**

**PART B**

**The steps are the same as Part B but there are more of them. There are six sets of 8 in Part B. Do the first four sets of 8, then start Part B over again. Then repeat the last 8 counts with the right foot (heel bounces with**

the right foot but keep your weight on your left foot)

**SEQUENCE FOR THE FUNKY "HE-MAN" VERSION**

ABC, ABC, D (turns you to face the back), B, C, D (turns you to face the front), ABC (dance ends with the music)

**SEQUENCE FOR THE LP VERSION**

ABC, ABC, D (turns you to face the back), B, C, D (turns you to face the front), C (keep going until the music fades)

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