

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)
