

Walkin' Man

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 2 級數: Improver
編舞者: K C Ang (SG) & Rosemary Ang (SG)
音樂: Walk Like a Man - Frankie Valli & The Four Seasons



TOE STRUTS, FORWARD ROCK, COASTER STEPS

1-2 Touch right toes in place, step right foot beside left
3-4 Touch left toes in place, step left foot beside right
5-6 Rock right forward, rock left in place
7&8 Step right foot back, step left foot beside right, step forward on right

TOE STRUTS, FORWARD ROCK, COASTER STEPS

1-2 Touch left toes in place, step left foot beside right
3-4 Touch right toes in place, step right foot beside left
5-6 Rock left forward, rock right in place
7&8 Step left foot back, step right foot beside left, step forward on left

FORWARD SHUFFLE, ½ TURN RIGHT, FORWARD SHUFFLE, ¼ TURN LEFT

1&2 Shuffle forward on right, left, right
3-4 Step forward on left, pivot ½ turn right
5&6 Shuffle forward on left, right, left
7-8 Step forward on right, pivot ¼ turn left

FORWARD SHUFFLE, ½ TURN RIGHT, FORWARD SHUFFLE. ¼ TURN LEFT

1&2 Shuffle forward on right, left, right
3-4 Step forward on left, pivot ½ turn right
5&6 Shuffle forward on left, right, left
7-8 Step forward on right, pivot ¼ turn left

FORWARD WALK AND CLAP (X4)

1-2 Step right forward in front of left and clap
3-4 Step left forward in front of right and clap
5-6 Step right forward in front of left and clap
7-8 Point left in front of right (keep weight on right) and hold

BACKWARD WALK, SIDE ROCK, SAILOR CROSS

1-4 Walk backwards - left, right, left and end with right point beside left (weight on left)
5-6 Rock right to right, rock left in place
7&8 Cross right behind left, step left backward, step right forward cross over left

FORWARD WALK AND CLAP (X4)

1-2 Step left forward in front of right and clap
3-4 Step right forward in front of left and clap
5-6 Step left forward in front of right and clap
7-8 Point right in front of left (keep weight on left) and hold

BACKWARD WALK, SIDE ROCK, SAILOR CROSS

1-4 Walk backwards - right, left, right and end with left point beside right (weight on right)
5-6 Rock left to left, rock right in place
7&8 Cross left behind right, step right backward, step left forward cross over right

DIAGONAL FORWARD LOCKED STEPS

- 1-4 Step right to right diagonally, step left behind right, step right to right diagonally, scuff left forward
- 5-8 Step left to left diagonally, step right behind left, step left to left diagonally, scuff right forward

FORWARD ROCK, ½ TURN CHA-CHA-CHA, PIVOT ½ TURN STOMP, STOMP

- 1-2 Step right across left, step back left in place
- 3&4 Triple step ½ turn right, left, right
- 5-8 Step left forward, pivot ½ turn, stomp left in place, stomp right in place

DIAGONAL FORWARD LOCKED STEPS

- 1-4 Step left to left diagonally, step right behind left, step left to left diagonally, scuff right forward
- 5-8 Step right to right diagonally, step left behind right, step right to right diagonally, scuff left forward

FORWARD ROCK, ½ TURN CHA-CHA-CHA, PIVOT ½ TURN STOMP, STOMP

- 1-2 Step left across right, step back right in place
- 3&4 Triple step ½ turn left, right, left
- 5-8 Step right forward, pivot ½ turn, stomp right in place, stomp left in place

REPEAT
