

Walking On U

拍數: 0 牆數: 2 級數: Advanced
編舞者: Carolyn Robinson (USA)
音樂: These Boots Were Made For Walkin' - Jessica Simpson



Sequence: A, A, B, C, A, A-, B-, C, D to end

SECTION A

SIDE TOUCHES, STEP-LOCK-STEPS

1-2 Side touch right, touch right beside left
3&4 Side touch right, touch right beside left, side touch right
5&6 Step right forward, step left behind right, step right forward
7&8 Step left forward, step right behind left, step left forward

TOUCH-SCUFF-STEP X3, TOUCH-SCUFF-TOUCH

1&2 Touch right toe behind left, scuff right foot, step right across left
3&4 Touch left toe behind right, scuff left foot, step left across right
5&6 Touch right toe behind left, scuff right foot, step right across left
7&8 Touch left toe behind right, scuff left foot, touch left toe across right

SMALL SWEEPS BACK X4, STEP, STEP-TURN-STEP, STEP

1-4 Sweep left behind right, sweep right behind left, sweep left behind right, sweep right behind left
5 Side step left
6&7 Step right forward, pivot ½ turn left on left, step right forward (facing 6:00 wall)
8 Side step left

SIDE TOUCHES, STEP-LOCK-STEPS

1-2 Side touch right, touch right beside left
3&4 Side touch right, touch right beside left, side touch right
5&6 Step right forward, step left behind right, step right forward
7&8 Step left forward, step right behind left, step left forward

TOUCH-SCUFF-STEP X3, TOUCH-SCUFF-TOUCH

1&2 Touch right toe behind left, scuff right foot, step right across left
3&4 Touch left toe behind right, scuff left foot, step left across right
5&6 Touch right toe behind left, scuff right foot, step right across left
7&8 Touch left toe behind right, scuff left foot, touch left toe across right

SMALL SWEEPS BACK X4, STEP, STEP-TURN-STEP, STEP

1-4 Sweep left behind right, sweep right behind left, sweep left behind right, sweep right behind left
5 Side step left
6&7 Step right forward, pivot ½ turn left on left, step right forward (facing 12:00 wall)
8 Side step left

¼ TURNING JAZZ BOX LEFT; STEP, STEP; ¼ TURNING JAZZ BOX RIGHT

1&2 Cross right over left, turning ¼ right step left back, step right beside left (3:00 wall)
3-4 Step left, step right
5&6 Cross left over right, turning ¼ left step right back, step left beside right (12:00 wall)

SECTION B

CROSS ROCK STEPS TWICE; BACK CROSS ROCK STEPS TWICE

- 1&2 Cross right over left, step left in place, side step right
- 3&4 Cross left over right, step right in place, side step left
- 5&6 Cross right behind left, step left in place, side step right
- 7&8 Cross left behind right, step right in place, side step left

SIDE ROCK CROSS TWICE; TRIPLE FORWARD TWICE

- 1&2 Side step right, step left in place, cross right over left
- 3&4 Side step left, step right in place, cross left over right
- 5&6 Step right forward, step left toe at right instep, step right forward
- 7&8 Step left forward, step right toe at left instep, step left forward

ROCK, RECOVER; COASTER STEP (TWICE)

- 1-2 Step right forward, recover left
- 3&4 Step right back, step left beside right, step right forward
- 5-6 Step left forward, recover right
- 7&8 Step left back, step right beside left, step left forward

MONTEREY ½ TURN RIGHT; HIP BUMPS

- 1-4 Side touch right, pivot ½ turn right (on left) & step right foot down, side touch left, step left beside right (6:00 wall)
- 5-6 Bump right hip, bump left hip
- 7&8 Bump right hip right-left-right

HIP BUMPS; MONTEREY ½ TURN LEFT

- 1-2 Bump left hip, bump right hip
- 3&4 Bump left hip left-right-left
- 5-8 Side touch right, pivot ½ turn right (on left) & step right foot down, side touch left, step left beside right (12:00)

SECTION C

WALK, WALK; MAMBO STEP (TWICE)

- 1-2 Walk right, walk left
- 3&4 Step right forward, step left in place, step right beside left
- 5-6 Walk left, walk right
- 7&8 Step left forward, step right in place, step left beside right

WALK, HOLD; CLAP, WALK, HOLD; ROLL BACK

- 1-2 Step right forward, hold
- 3-4 Clap hands twice
- 5-6 Step left forward, hold
- 7-8 Roll back (top to bottom or bottom to top or whatever you wish to do!)

WALK, WALK; MAMBO STEP (TWICE)

- 1-2 Walk right, walk left
- 3&4 Step right forward, step left in place, step right beside left
- 5-6 Walk left, walk right
- 7&8 Step left forward, step right in place, step left beside right

ROLL HIPS FORWARD TWICE, ROLL HIPS BACK TWICE

- 1-4 Step right at diagonal dipping down and rolling hips forward 2 times**
- 5-8 Dipping down roll hips backward 2 times

Feet should be shoulder distance apart

SECTION A-

TOUCH-SCUFF-STEP X3, TOUCH-SCUFF-TOUCH

- 1&2 Touch right toe behind left, scuff right foot, step right across left
- 3&4 Touch left toe behind right, scuff left foot, step left across right
- 5&6 Touch right toe behind left, scuff right foot, step right across left
- 7&8 Touch left toe behind right, scuff left foot, touch left toe across right

SMALL SWEEPS BACK X4, STEP, STEP-TURN-STEP, STEP

- 1-4 Sweep left behind right, sweep right behind left, sweep left behind right, sweep right behind left
- 5 Side step left
- 6&7 Step right forward, pivot ½ turn left on left, step right forward (facing 12:00 wall)
- 8 Side step left

SECTION B- HIP BUMPS

- 1-2 Bump right hip, bump left hip
- 3&4 Bump right hip right-left-right
- 5-6 Bump left hip, bump right hip
- 7&8 Bump left hip left-right-left

SECTION D

WALK, WALK; MAMBO STEP (TWICE)

- 1-2 Walk right, walk left
 - 3&4 Step right forward, step left in place, step right beside left
 - 5-6 Walk left, walk right
 - 7&8 Step left forward, step right in place, step left beside right
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