

Walkin' The Floor

拍數: 64 牆數: 2 級數: Improver
編舞者: Leonie Smallwood (AUS)
音樂: You're The Reason (I Don't) - Shanley Del



- 1-4 Forward right lock step (right-left-right), scuff left foot beside right
5-8 Turning $\frac{3}{4}$ turn right step left, scuff right, step right, scuff left
Walking around in a very, very, very small circle
- 9-12 Forward left lock step (left-right-left), scuff right foot beside left
13-16 Turning $\frac{3}{4}$ turn left step right, scuff left, step left, scuff right
- 17-18 Crossing right foot over left foot, right toe heel strut to the left
19-20 Step left foot to the left & rock weight onto the left foot, leaving the right foot in place rock weight onto right foot
21-22 Crossing left foot over right foot, left toe heel strut to the right
23-24 Step right foot to the right & rock weight onto the right foot), leaving the left foot in place rock weight onto left foot
- 25-32 Four sailor steps (traveling backwards): right sailor step, left sailor step, right sailor step, left sailor step
- 33-34 Step right foot across behind left foot, step left foot to left side and rock weight onto left foot
35-36 Stepping right foot in place rock weight onto right foot, turning $\frac{1}{4}$ turn right scuff left foot beside right
37&38 Moving in the direction you are now facing, step left ball change to complete a $\frac{1}{2}$ turn turn right
39&40 Step right ball change to complete a $\frac{1}{2}$ turn, turn right
- 41 Step left foot forward leaving both feet in place
42-43 Bend both knees, swivel $\frac{1}{2}$ turn right, straighten both knees
44 Shifting weight to right foot scuff left foot beside right
45-48 Repeat above 4 counts
- 49 Step left foot across in front to right foot (bending knees)
50 Step right foot to right side (straighten knees)
51 Step left foot across in front to right foot (bending knees)
52 Kick right foot to right side (straighten knees)
53 Step right foot across in front to left foot (bending knees)
54 Step left foot to left side (straighten knees)
55 Step right foot across in front to left foot (bending knees)
56 Kick left foot to left side (straighten knees)

There are two options for the last 8 beats of this dance. The first relatively easy & the second is more challenging. Both move in the same direction at the same time & so can be done side by side on the dance floor without incident. It is up to the individual dancer to choose the option which suits them best. You can do one or both (though probably not at the same time)

OPTION 1

- 57 Step left foot across in front of right foot (bending knees)
58 Step right foot to right side (straightening knees)
59 Step left foot across in front of right foot (bending knees)
60 Step right foot to right side (straightening knees)

- 61 Step left foot across in front of right foot (bending knees)
62 Step right foot to right side (straightening knees)
63-64 Swinging left leg low in front of body, turn $\frac{3}{4}$ turn left
(Push off with left foot & use the momentum of the swinging leg to turn)
64 Step left slightly forward, ready to begin again

OPTION 2

- 57 Step left across in front of right and turn $\frac{1}{4}$ turn right while lifting right foot
58-59 Turn full turn right while stepping right foot forward, step left foot forward while lifting right foot
60-61 Turn full turn right while stepping right foot forward, step left foot forward while lifting right foot
62 Turn full turn right while stepping right foot forward

Hint: Take very small steps on the balls of your feet

- 63-64 Step left foot forward, standing on left foot turn $\frac{1}{2}$ turn right, hold right foot in position so at the completion of the $\frac{1}{2}$ turn you are standing on the left foot with the right foot in front of you, slightly off the floor, i.e. turn to face your right foot, swing right foot in front of body, turn $\frac{1}{2}$ turn right

Do not pause between the two $\frac{1}{2}$ turn turns. It is in effect a complete full turn

REPEAT
