

Do The Walk!

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Carmel Hutchinson (USA) & Ernie (Hutch) Hutchinson (USA)
音樂: Walk of Life - Dire Straits



Special Thanks to "Wanderers" Penny & Bob Harrison for telling us about this great piece of music!

FORWARD-TOGETHER-FORWARD; FORWARD-TOGETHER-FORWARD; MODIFIED BOP STEPS

- 1&2 Step forward on right, angling body left; step left next to right (maintain angle); step forward on right (12:00:00)
- 3&4 Step forward on left, angling body right; step right next to left (maintain angle); step forward on left (maintain angle)
- 5& Twist right heel in and up toward left instep; twist and drop right heel back to original position
- 6& Twist left heel in and up toward right instep; twist and drop left heel back to original position
- 7& Twist right heel in and up toward left instep; twist and drop right heel back to original position
- 8& Twist left heel in and up toward right instep; twist and drop left heel back to original position

BACK-TOGETHER-BACK; BACK-TOGETHER-BACK; SHUFFLING ½ TURN RIGHT; FORWARD LEFT-½ RIGHT-FORWARD LEFT

- 1&2 Step back on right, angling body right; step left next to right (maintain angle); step back on right (12:00:00)
- 3&4 Step back on left, angling body left; step right next to left (maintain angle); step back on left (12:00:00)
- 5&6 Shuffling ½ turn right (right-left-right)
- 7&8 Step forward on left; turn ½ right, stepping forward on right; step forward on left

HIP ACTION & MOTION - CROSS-REPLACE-SIDE; CROSS-REPLACE-SIDE

- 1&2 Step right to right side and bump hips right-left-right
- 3&4 With feet apart, bump hips left-right-left
- 5&6 Cross right over left; replace weight to left; step to right side on right
- 7&8 Cross left over right; replace weight to right; step to left side on left

BACK-CROSS; SIDE-CROSS-SIDE; FULL TURN LEFT; CROSS-REPLACE

- 1-2 Step back on right; cross left over right
- 3&4 Step to right side on right; cross left over right; step to right side on right
- 5&6 Step left to left side into ¼ turn left; step right forward into ¼ turn left; turn ½ left on right, stepping left to left side
- 7-8 Cross right over left; replace weight to left

BACK RIGHT-TOGETHER LEFT-HEEL ROCKS/TOE FANS; BACK RIGHT-TOGETHER LEFT-HEEL ROCKS/TOE FANS

- 1-2 Step back on right; step left next to right
- 3& Rock back on both heels, fanning toes out; straighten toes out and step down on both feet
- 4& Rock back on both heels, fanning toes out; straighten toes out and step down on both feet
- 5-8 Repeat counts 1-4 &

DO THE WALK - DO THE WALK OF LIFE!

- 1-2 Step forward on right; step forward on left
- 3&4& Step forward on right; scoot back on right; step to left side on left; step to right side on right
- 5-6 Step forward on left; step forward on right
- 7&8& Step forward on left; scoot back on left; rock forward on right; step back on left

BACK RIGHT-BACK LEFT-BACK COASTER; ½ RIGHT-FORWARD COASTER

- 1-2 Step back on right; step back on left
- 3&4 Step back on right; step left next to right; step forward on right
- 5-6 Step forward on left; turn ½ right, stepping down on right
- 7&8 Step forward on left; step right next to left; step back on left

BACK-CROSS-BACK; ROCK BACK-ROCK FORWARD; FORWARD-LOCK-FORWARD, FORWARD-LOCK

- 1&2 Step back on right, angling body right; cross left over right (maintain angle); step back on right
- 3-4 Rock back on left (lean back and raise right knee); step forward on right
- 5&6 Step forward on left; slide right forward to outside of left; step forward on left
- 7-8 Step forward on right; slide left forward to outside of right begin again!

REPEAT

TAG

When doing the dance to the preferred song, after the 2nd repetition only (you will be facing the front wall) Do the first 16 counts of the dance and then restart

OPTION

The song has a 128 count lead, during which you may do the following, 32 counts after the drums start
Walk forward right-left-right-left; walk back right-left-right-left; make a full turn right while doing heel-toe struts for 16 counts. Repeat.
