

Back Walk (With Variations)

拍數: 16 牆數: 0 級數:
編舞者: Unknown
音樂: Only One You - T.G. Sheppard



Position: Individuals in lines, one line facing toward another, each person offset (gapped between members of the opposite line), & their crossing 'partner' in the opposing line positioned to the left of the gap.

HEEL, POINT, HEEL, POINT

- 1 Tap forward with right heel
- 2 Point-tap right toe to side
- 3 Tap forward with right heel
- 4 Point-tap right toe to side

TOE, SIDE, TOE, SIDE

- 1 Tap right toe behind left foot
- 2 Step to side with right foot
- 3 Tap left toe behind right foot
- 4 Step to side with left foot

CROSS, SIDE, STOMP, STOMP

- 1 Cross-step right foot behind left foot
- 2 Step to side with left foot
- 3 Stomp right foot (without weight) beside left
- 4 Stomp right foot again (without weight) beside left

BACK-KICK, STEP, STEP, TOGETHER

- 1 Hop-step back on right foot, kicking up left knee & leg
- 2 Take large passing step forward with left foot
- 3 Pivoting $\frac{1}{2}$ turn to left, take large passing step backward with right foot
- 4 Step-together with left foot beside right (transferring weight)

REPEAT

SINGLE SPIN VARIATION:

First 8 counts are the same, with counts 9-12 being as follows

TURN, TURN, STOMP, STOMP

- 1 Pivoting forward $\frac{1}{2}$ turn to left on left foot, step to side with right foot
- 2 Pivoting $\frac{1}{2}$ turn backward to right on right foot, step to side with left foot
- 3 Stomp right foot (without weight) beside left
- 4 Stomp right foot (without weight) beside left (finishes with right hop-step back, left kick, and crossing steps,)

DOUBLE SPIN VARIATION:

First 8 counts are the same, with counts 9-12 being as follows:

TURN, TURN, TURN, TURN

- 1 Pivoting forward $\frac{1}{2}$ turn to left on left foot, step to side with right foot
- 2 Pivoting $\frac{1}{2}$ turn backward to right on right foot, step to side with left foot
- 3 Pivoting forward $\frac{1}{2}$ turn to left on left foot, step to side with right foot
- 4 Pivoting $\frac{1}{2}$ turn backward to right on right foot, step to side with left foot (on next count, hop-step back on right foot-no stomps-kicking out with left, then crossing steps; be careful not to travel sideways too much on the double spin or you might overrun the next in line!)

