

Walkin' In & Out

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 4 級數: Easy Intermediate
編舞者: John Robinson (USA) - September 2007
音樂: The Walkin' Blues - Royal Crown Revue : (CD: Mugzy's Move)



Start 16 counts in, with the vocals.

PHRASING: B,A,B,B,B,A,B,B,A,B,B,B,A,B,B.

The phrasing is easy to follow; always start walking with the chorus ("walked right in") and on every instrumental.

PART B: THE CHORUS

FOUR WALKS/HOLDS WITH ATTITUDE

Styling: Be creative and walk with attitude; you can cross, strut, push your hips out, swing arms, use jazz hands, or whatever feels good.

1,2 R step forward (1), hold (2)
3,4 L step forward (3), hold (4)
5,6 R step forward (5), hold (6)
7,8 L step forward (7), hold (8)

SIDE POINT R, STEP BACK, SIDE POINT L, STEP BACK, KICK-BALL-CHANGE TWICE (TRAVELING BACK)

1,2 R toe point to right side (1), R step back behind L (2)
3,4 L toe point to left side (3), L step back behind R (4)
5&6 R kick out to right side (5), R step ball of foot next to L and slightly back (&), L step slightly back (6)
7&8 R kick out to right side (7), R step ball of foot next to L and slightly back (&), L step slightly back (8)

FOUR WALKS/HOLDS WITH ATTITUDE

1-8 Repeat first 8 counts

SIDE POINT R, STEP BACK, SIDE POINT L, STEP BACK, KICK-BALL-CHANGE TWICE (TRAVELING BACK)

1-8 Repeat second 8 counts

STEP, LOCK, STEP, STOMP, HEEL SPLIT, R KICK FORWARD TWICE

1,2 R step forward (1), L lock step behind R (2)
3,4 R step forward (3), L stomp behind R in 3rd position (L instep to R heel) (4)
5,6 With weight on balls of feet, split heels apart (5), bring heels together ending with weight on L (6)
7,8 Rock back slightly on L while kicking R forward (7), R kick forward again (8)

R ROCK BACK, RECOVER, R STEP FORWARD, 1/2 PIVOT LEFT (KEEP WEIGHT BACK), L HEEL TAP 4 TIMES TURNING 3/4 LEFT

1,2 R rock back ball of foot (1), recover to L (2)
3,4 R step forward (3), pivot 1/2 L (6:00), keeping weight on R(4)
5,6,7,8 L heel tap to floor 4 times, gradually turning 3/4 left (3:00), finishing with weight forward on L (5-8)

PART A: THE VERSES

SIDE TOE-HEEL STRUTS

1,2 R toe touch to right side (1), R heel snap down to floor taking weight (2)
3,4 L toe touch across R (3), L heel snap down to floor taking weight (4)

- 5,6 R toe touch to right side (6), R heel snap down to floor taking weight (6)
7,8 L toe touch across R (7), L heel snap down to floor taking weight (8)

R HEEL GRIND W/1/4 TURN RIGHT, BACK ROCK, RECOVER (REPEAT)

- 1,2 R heel touch forward w/toe turned left (1), R heel grind turning toe and body 1/4 right (6:00)
(2)
3,4 R rock back ball of foot (3), recover to L (4)
5,6 R heel touch forward w/toe turned left (5), R heel grind turning toe and body 1/4 right (9:00)
(6)
7,8 R rock back ball of foot (7), recover to L (8)

ANGLED BRUSH STEPS TOWARD RIGHT DIAGONAL (Angle body and travel towards 10:30)

- 1,2 R brush forward (1), R step forward across L (2)
3,4 L brush forward (3), L step forward across R (4)
5,6 R brush forward (5), R step forward across L (6)
7,8 L brush forward (7), L step forward across R (8)

R ROCKING CHAIR, R CHASE TURN, HOLD/POSE (Body is still angled toward right diagonal)

- 1,2 R rock forward ball of foot (1), recover to L (2)
3,4 R rock back ball of foot (3), recover to L (4)
5,6 R step forward toward right diagonal (10:30) (5), pivot 1/2 left (4:30) on balls of feet (6)
7,8 R step forward toward right diagonal (4:30) (7), hold/ throwing hands out at waist level, palms
to floor (8)

CROSS, BACK, SIDE, CROSS, SIDE, TOGETHER, HEEL TWIST LEFT

- 1,2 L step across R (1), R step back (2)
3,4 L step side left squaring up to 3:00 wall (3), R step across L (4)
5,6 L step side left (5), R step next to L (6) Option: hop side left landing on L (&), bring R together
(5), hold (6)
7,8 With weight on balls of feet, turn heels left (7), return heels to center placing weight on L (8)

START AGAIN AND ENJOY!

END OF SONG: For those of you that like to finish with style, turn the final set of heel taps (unwind) until you face the front, then strike a pose with jazz hands.
