

About That Walk

COPPER KNOB
BY STEPHEN BRETZ

拍數: 64 牆數: 2 級數: High Intermediate / Advanced
編舞者: Rachael McEnaney (USA) - April 2011
音樂: It's About That Walk - Prince : (Album: The Vault)



Count In: 48 counts from start of track – dance begins on vocals Approx 130bpm
Notes: There is 1 restart on 2nd wall after 48 counts (heel bounces) restart facing front)

[1 – 8] Walk, walk, ¼ turn L with prep, snap & look to front, 2x ¼ turns L, L behind side cross.

- 1, 2, 3, 4 Walk forward on right (1), walk forward on left (2), make ¼ turn left stepping right to right side as you take right arm across body (3), snap fingers out to right side (right hand) as you look to front and push hip to right (4) 9.00
- 5 - 6 Make ¼ turn left stepping forward on left (5), make ¼ turn left stepping right to right side (6) 3.00
- 7 & 8 Cross left behind right (7), step right to right side (&), cross left over right (8) 3.00

[9 – 16] Toe switch R & L, rolling vine to L into big step drag to L hold, sailor kick with ¼ turn R

- 1 & 2 Touch right to right side (1), step right next to left (&), touch left to left side (2) 3.00
- 3 - 4 Make ¼ turn left stepping forward on left (3), make ½ turn left stepping back on right (4), 6.00
- 5 - 6 Make ¼ turn left taking big step to left side (5), hold as you drag right towards left (6) 3.00
- 7 & 8 Cross right behind left (7), make ¼ turn right stepping left next to right (&), kick right foot forward (8) 6.00

[17 – 24] Close R, L kick ball change, L mambo fwd, R touch back, ½ turn R, step L, ½ pivot turn

- & 1 & 2 Step right foot in place (&), kick left foot forward (1), step ball of left in place (&), step right foot in place (2) 6.00
- 3 & 4 Rock forward on left (3), recover weight onto right (&), step back on left (4) 6.00
- 5, 6, 7, 8 Touch right toe back (5), unwind ½ turn to right (weight ends right) (6) Step forward on left (7), pivot ½ turn to right (8) (weight right) 6.00

[25 – 32] L lock step, ¾ turn L into big step L, hold with hip roll or knee pops

- 1 - 2 Step forward on left (styling: angle body to right diagonal as you step forward dip left shoulder down) (1), lock right foot behind left (as you do so left knee pops forward – body still angled) (2) 6.00
- 3, 4, 5 Step forward on left (3), make ½ turn left stepping back on right (4), make ¼ turn left stepping left out to left side (5) 9.00
- 6, 7, 8 Option 1: Hold (6), pushing hips back make big hip circle to right (7,8).
- Option 2: Pop right knee in (6), pop left knee in (straightening R) (7), pop right knee in (straightening L)(8) (ELVIS KNEES) 9.00

[33 – 40] ¼ turn R, full spiral turn L, L shuffle, syncopated R jazz box, R toe point.

- 1 - 2 Make ¼ turn right putting weight onto right foot (1), make full spiral turn left (2) (weight still on right) 12.00
- 3 & 4 Step forward on left (3), step right next to left (&), step forward on left (4) 12.00
- 5, 6 & 7, 8 Cross right over left (5), step back on left (6), step right to right side (&), cross left over right (7), point right toe to right side (8) 12.00

[41 – 48] Monterey ½, Monterey ¼, ¼ turn R – 4 heel bounces (or own styling)

- 1 - 2 Make ½ turn right stepping right next to left (1), point left toe to left side (2) 6.00
- 3 - 4 Make ¼ turn left stepping left next to right (3), point right toe to right (4) 3.00
- 5, 6, 7, 8 Make ¼ turn right keeping weight on left (5), Tap right heel 3 times (6,7,8) (counts 678 can be your own styling (body roll) – get groovy) 6.00

Restart: Restart happens here on 2nd wall – you will be facing the front to start again

[49 – 56] Vaudevilles with ¼ turns x 2

- 1 & 2 Cross right over left (1), step left to left side (&), touch right heel to right diagonal (2) 6.00
- & 3 & 4 Step in place with right (&), cross left over right (3), make ¼ turn left stepping back on right (&), touch left heel to left diagonal (4) 3.00
- & 5 & 6 Step in place with left (&), cross right over left (5), step left to left side (&), touch right heel to right diagonal (6) 3.00
- & 7 & 8 Step in place with right (&), cross left over right (7), make ¼ turn left stepping back on right (&), touch left heel to left diagonal (8) 12.00

[57 – 64] Weave to L crossing R over–L side–R behind–L side. Point R to R side, ball cross, unwind – L jazz box

- 1&2&3 Cross right over left (1), step left to left side (&), cross right behind left (2), step left to left side (&) touch right to right to right side (3) 12.00
- &4, 5, 6, 7, 8 Step in place with right (&), cross left over right (4), unwind ½ turn right (5), cross left over right (6), step back right (7), step left to left side (8) 6.00

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