

Walk The Talk

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Phrased Improver
编舞者: Salfoo (MY) - March 2018
音乐: Work (feat. Missy Elliott) - Ciara : (edited to 3.22mins)



Intro: 32 Counts / Sequence: A A A, B B A, B (TAG), B B B B

PART A: 32 counts

[01-08] WALK, WALK, WALK, POINT, WALK, WALK, WALK, TOUCH

1-2 3-4 Walk Right Forward, Walk Left Forward, Walk Right Forward, Point Left to L
5-6 7-8 Walk Left Backward, Walk Right Backward, Walk Left Backward, Touch Right Beside L.

[09-16] GRAPEVINE WITH A TOUCH, FULL ROLLING WITH A TOUCH (OPTION: GRAPEVINE)

1-2 3-4 Step Right To R, Step Left Behind R, Step Right To R, Touch Left Beside R
5-6 7-8 Make 1/4 Turn Left Step Left Forward, Make 1/2 Turn Left Step Right Back, Make 1/4 Turn Left Stepping Left To L, Touch Right Beside Left

[17-24] ROCKING CHAIR, PADDLE TURN 1/4 L

1-2 3-4 Rock Right Forward, Recover Onto Left, Rock Right Back, Recover Onto Right
5-6 7-8 Step Right To R, Make a 1/8 Turn L (weight onto L) (&), Step Right To R, Make a 1/8 Turn L (weight onto L)

[25-32] JAZZ BOX, STEP TOUCHES

1-2 3-4 Cross Right Over Left, Step Left Back, Step Right To Right, Step Left Forward, Together
5-6 7-8 Step Right to R, Touch Left Beside R, Step Left To L, Touch Right Beside L

PART B: 32 counts

[01-08] CHEST PUMPS, CHEST PUMPS

1-2 3-4 Knees Bend Step Right To R (Elbow Up, Chest Pushed Forward), HOLD, Step Left Beside R Straightening Up
5-6 7-8 Knees Bend Step Left To L (Elbow Up, Chest Pushed Forward), HOLD, Step Right Beside L (Straightening Body Up)

[09-16] CHUGS 1/2 L, TOGETHER, CHUGS 1/2 R TOGETHER

1-2 3-4 Step Right To R, Make a 1/4 Turn L Stomping Right Forward (weight onto L) Step Right To R, Make a 1/4 Turn L Stomping Right Forward (weight onto L), Step Right Beside L
5-6 7-8 Step Left To L, Make a 1/4 Turn R Stomping Left Forward (weight onto R) Step Left To L, Make a 1/4 Turn R Stomping Left Forward (weight onto R), Step Left Beside R

[17-24] JUMP BACK TOGETHER, JUMP FORWARD - BOTH FEET APART -JUMP BACK TOGETHER, JUMP FORWARD - BOTH FEET APART

1&2 3&4 Jump Back With Both Feet Together, Jump Forward With Both Feet Apart
5&6 7&8 Jump Back With Both Feet Together, Jump Forward With Both Feet Apart

[25-32] DIAGONAL FORWARD, TOUCH, DIAGONAL FORWARD, TOUCH, DIAGONAL BACKWARD, TOUCH, DIAGONAL BACKWARD, TOUCH

1-2 3-4 Step Right Diagonally Forward, Touch Left Beside R, Step Left Diagonally Forward, Touch Right Beside L
5-6 7-8 Step Right Diagonally Backward, Touch Left Beside R, Step Left Diagonally Backward, Touch Right Beside L

TAG

[01-08] SLOW...FORWARD, TOUCH, SLOW...FORWARD, TOUCH

1-2 3-4 Slowly Step Right Forward, Touch Left Beside R (Move R Arm Up & Snap Fingers)

5-6 7-8 Slowly Step Left Forward, Touch Right Beside L (Move L Arm Up & Snap Fingers)
[09-16] SLOW...BACKWARD, TOUCH, SLOW...BACKWARD, TOUCH
1-2 3-4 Slowly Step Right Backward, Touch Left Beside R
5-6 7-8 Slowly Step Left Backward, Touch Right Beside L

Note: Music edited to 3.22 mins, ending dance after 4 Bs.

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Last Update - 29th Sept. 2018
