Travelin' Shoes

拍数: 48

级数: Improver

编舞者: Helen Woods (USA) - May 2019

音乐: Death Came A-Knockin (Travelin' Shoes) - Ruthie Foster : (Album: Runaway Soul - 3:22)

Step sheet prepared by Harry Woods

Lead in approximately 9.5 seconds (lyrics begin: You know that death; death is count 1), support on left

SECTION 1: SIDE TOE STRUT, CROSSING TOE STRUT, KICK BALL CROSS, KICK BALL CROSS

- 1-2 Facing right diagonal step ball of right to side, drop right heel
- 3-4 Step ball of left across right, drop left heel (move right arm like knocking on a door)
- 5&6 Kick right to right diagonal, step ball of right beside left, step left across right
- 7&8 Kick right to right diagonal, step ball of right beside left, step left across right (12:00)

SECTION 2: SIDE ROCK, RECOVER, BEHIND (TURN ¼) STEP STEP, OUT, OUT, IN, IN

- 1-2 Rock right to side. recover left
- 3&4 Step right behind left then turn ¼ left, step left forward, step right forward
- 5-6 Step left diagonally left, step right to side
- 7-8 Step left diagonally back right, step right beside left (9:00)

SECTION 3: SIDE TOE STRUT, CROSSING TOE STRUT, KICK BALL CROSS, KICK BALL CROSS

- 1-2 Facing left diagonal step ball of left to side, drop left heel
- 3-4 Step ball of right across left, drop right heel
- 5&6 Kick left to left diagonal, step ball of left beside right, step right across left
- 7&8 Kick left to left diagonal, step ball of left beside right, step right across left (9:00)

SECTION 4: SIDE ROCK, RECOVER, BEHIND (TURN ¼) STEP STEP, OUT, OUT, IN, IN

- 1-2 Rock left to side, recover right
- 3&4 Step left behind right then turn ¼ right, step right forward, step left forward
- 5-6 Step right diagonally right, step left to side
- 7-8 Step right diagonally back left, step left beside right (12:00)

SECTION 5: OUT, OUT, TRIPLE IN PLACE, OUT, OUT, TRIPLE IN PLACE

- 1-2 Step right diagonally right, step left to side
- 3&4 Triple in place (pump arms up)
- 5-6 Step left diagonally left, step right to side
- 7&8 Triple in place (pump arms up) (12:00)

SECTION 6: (Traveling in ¾ arc left) STEP, STEP, TRIPLE STEP, STEP, STEP, TRIPLE STEP

- 1-2 Beginning ³/₄ walk around step right arcing left, step left arcing left
- 3&4 Triple step arcing left
- 5-6 Step left arcing left, step right arcing left
- 7&8 Triple step arcing left completing ³/₄ walk around (3:00)

REPEAT

TAG: After 2nd and 4th rotations add tag steps below

SECTION 1: STEP, STEP, FORWARD COASTER, BACK, BACK, COASTER

- 1-2 Step right forward, step left forward
- 3&4 Step right forward, step ball of left beside right, step right back
- 5-6 Step left back, step right back





墙数:4

7&8 Step left back, step ball of right beside left, step left forward

SECTION 2: STEP, STEP, FORWARD COASTER, BACK, BACK, COASTER

- 1-2 Step right forward, step left forward
- 3&4 Step right forward, step ball of left beside right, step right back
- 5-6 Step left back, step right back
- 7&8 Step left back, step ball of right beside left, step left forward

ALTERNATIVE TAG (in place of Tag above for a more west coast feel) After 2nd and 4th rotations add alternative tag steps below

SECTION 1: STEP, STEP, ANCHOR STEP, SAILOR HALF TURN, HIP BUMPS

- 1-2 Step right forward, step left forward
- 3&4 Turning slightly right rock right behind left, recover left, squaring forward step right back
- 5&6 Step left behind right then turn ½ left, step right to side, replace left
- 7&8& Step right slightly forward bumping hips forward, bump hips back, bump hips forward, replace left bumping hips back

SECTION 2: STEP, STEP, ANCHOR STEP, SAILOR HALF TURN, HIP BUMPS

- 1-2 Step right forward, step left forward
- 3&4 Turning slightly right rock right behind left, recover left, squaring forward step right back
- 5&6 Step left behind right then turn ½ left, step right to side, replace left
- 7&8& Step right slightly forward bumping hips forward, bump hips back, bump hips forward, replace left bumping hips back