

Swingin' Thing (Walker-Rollator)

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 1 级数: Newcomer - Walker
编舞者: Jo Thompson Szymanski (USA) & Rita Thompson (USA) - August 2014
音乐: Honey Hush - Scooter Lee
 或: Pride & Joy - Scooter Lee
 或: Ain't Nobody Got the Blues - Scooter Lee



(Walker modifications provided, with Choreographer's permission, by A.J. Herbert, ajluv2dans@gmail.com, Certified Group Exercise Instructor, National Exercise Trainer's Association (NETA), including ABLE Bodies Balance Training, FallProof!, and Fitness Over Fifty.)

WALK FORWARD RIGHT, LEFT, RIGHT, KICK, WALK BACK LEFT, RIGHT, LEFT, TOUCH, REPEAT

1-2 Step forward with Right foot (1), Step forward with Left foot (2).

3-4 Step forward with Right foot (3), Kick Left foot forward (4).

Note: On count 4, for better balance, touch the Left foot beside Right instead of kicking forward.

5-6 Step back with Left foot (5), Step back Right foot (6).

7-8 Step back with Left foot (7), Touch Right foot beside Left (8).

1-8 Repeat the above 8 counts.

HIP BUMPS RIGHT, HIP BUMPS LEFT

1-2 With weight on Right, bump right hip to right (1), Hold (2).

3-4 Shift weight to Left, bump left hip to left (3), Hold (4).

5-6 Shift weight on Right, bump right hip to right (5), Hold (6).

7-8 Shift weight on Left, bump left hip to left (7), Hold (8).

Note: Keep those hands on those walkers!

DOUBLE HIP BUMPS RIGHT, HIP BUMPS LEFT

1-2 With weight on Right, bump right hip to right twice (1), (2).

3-4 With weight on Left, bump left hip to left twice (3), (4).

5-6 With weight on Right, bump right hip to right twice (5), (6).

7-8 With weight on Left, bump left hip to left twice (7), (8).

Note: Keep those hands on those walkers!

BEGIN AGAIN
