Walk This Way



编舞者: Amanda Andrews (USA) 音乐: Walk This Way - Aerosmith



PIVOT ROCK STEP, SYNCOPATED VINE, ROCK STEP, CROSS, UNWIND

1-2 Step right forward, pivot turn ¼ to the left, rock weight to left 3&4 Step right behind left, step left to left, step left across right

5-6 Step left to left, rock weight to right

7-8 Cross left behind right, unwind ½ to the left

When you start the dance, delete the turn - step right to right (1), shift weight to left (2)

KICK, TOUCH, KICK, TOUCH, PADDLE TURN, BUMP HIPS

1&2 Kick right, cross right over left, touch left to left 3&4 Kick left, cross left over right, touch right to right

5-6 Paddle turn ½ to the left (turn ¼ to the left pushing out with ¾ of your weight on the ball of

right, repeat)

&7&8& Bring right next to left, bump hips

STEP, TOGETHER, SLIDE, STEP, TOGETHER, SLIDE

1-2 Step right to right, bring left next to right

3-4 Step right a bigger step to right, slide left next to right

5-6 Step left to left, bring right next to left

7-8 Step left a bigger step to left, slide right next to left

SKATE, SKATE, ROCK STEP, SKATE, SKATE, ROCK

1-2 Keeping knees slightly bent, swivel right forward to a 1:00 position and place weight on right,

swivel left forward to a 1:00 position and place weight on left

3&4 Step right forward, rock weight to left, bring right next to left

5-6 Keeping knees slightly bent, swivel left forward to a 1:00 position and place weight on left,

swivel right forward to a 1:00 position and place weight on right

7&8 Step left forward, rock weight to right, bring left next to right

REPEAT