

Just Walk It

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Paula Frohn-Butterly (USA)
音乐: Walkin' on Me - Big House



STEP APART RIGHT THEN LEFT, SWIVEL TOES-HEELS-TOGETHER, CROSS, UNWIND $\frac{3}{4}$ TURN LEFT, SYNCOPATED STEP-ROCK-TOGETHER

- 1-2 Step right foot to right side; step left foot to left side ending with feet apart
- 3 Bring both toes inward, left toe to right and right toe to left.
- & Push off balls of both feet, bring heels together.
- 4 Bring both toes together to face forward ending weight on left foot.
- 5-6 Cross right foot in front of left foot, unwind $\frac{3}{4}$ turn left ending weight on left foot.
- 7 Step right foot forward.
- & Rock back onto left foot.
- 8 Step right foot next to left foot ending weight on right foot.

LEFT HEEL FORWARD, DRAG, SYNCOPATED HIP ROLLS, HOLD, SYNCOPATED JUMPS IN PLACE

- 9 Extend left leg forward and touch left heel forward.
- 10 Drag right foot next to left foot, keeping weight onto left foot.
- 11&12 Roll hips two full circles (to the left)
- 13-14 Two steps in place- right then left.
- 15 Hold with weight on both feet.
- &16 Jump in place twice with both feet ending weight on left foot.

TWO $\frac{1}{2}$ TURNS BACK, TRIPLE IN PLACE, TWO STEPS FORWARD, SHUFFLE FORWARD

- 17 Pivot $\frac{1}{2}$ turn right, step right foot forward.
- 18 Pivot $\frac{1}{2}$ turn right, step left foot back.
- 19&20 Triple in place, stepping right-left-right.
- 21-22 Two steps forward- left then right.
- 23&24 Shuffle forward left-right-left.

THREE MARCHING STEPS BACK, STOMP TOGETHER, HOLD, HOLD & CLAP, HOLD, SYNCOPATED JUMPS IN PLACE

- 25-27 Three marching steps back-right, left, right.
- 28 Stomp left foot next to right foot.
- 29-31 Hold; hold with a clap, hold.
- &32 Jump in place twice with both feet ending weight on left foot.

REPEAT

Variation

On counts 11&12. substitute Hip Rolls for Hip Thrust- pull fists in & out to hips twice. Use your imagination and have fun with this!

For those that don't like to do turns, on counts 17 and 18, just walk it back-right then left.