Don't Just Walk It

拍数: 32 **墙数:** 4 **级数:** Intermediate

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音乐: Walkin' On Me (He Man Mix) - Big House

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

1	Step right foot to right side
2	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	Cross right foot in front of left foot
6	Unwind ¾ 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 (counterclockwise)
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 ½ TURNS BACK, TRIPLE IN PLACE, TWO STEPS FORWARD, SHUFFLE FORWARD

17	Pivot ½ turn right, step right foot forward
18	Pivot ½ turn right, step left foot back
19&20	Triple in place, stepping r-l-r
21-22	Two steps forward- left then right
23&24	Shuffle forward l-r-l

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 substituted 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