

These Walking Boots

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Pauline Greenwood (AUS) - April 2014
音乐: These Boots Are Made for Walkin' - Nancy Sinatra : (Album: Country & Proud - 2:41)



Position: ☐ Feet Together Weight On Left Foot.

Dance Starts After 16 Count Introduction

[1 - 8] FORWARD, KICK, FORWARD, KICK, FORWARD, KICK, FORWARD, KICK, BACK, BACK, BACK, KICK, BACK, BACK, BACK, KICK.

1 & 2 & Step R forward, Kick L foot forward, Step L forward, Kick R foot forward,
3 & 4 & Step R forward, Kick L foot forward, Step L forward, Kick R foot forward,
5 & 6 & Step R back, Step L back, Step R back, Kick L forward,
7 & 8 & Step L back, Step R back, Step L back, Kick R forward.

[9 - 16] ☐ SIDE, ROCK, TOGETHER, SIDE, ROCK, TOGETHER, FORWARD, ROCK, HALF, FORWARD, ROCK, TOGETHER.

1 & 2 & Step R to R side, Rock weight to L, Step R beside L,
3 & 4 & Step L to L side, Rock weight onto R, Step L beside R,
5 & 6 & Step R forward, Rock weight to L, Turn 1/2 R stepping R forward, (6.00)
7 & 8 & Step L forward, Rock weight onto R, Step L beside R.

[17 - 24] ☐ CHARLSTON STEP, HEEL, HITCH, HEEL STRUT, HEEL, HITCH, HEEL STRUT.

1 & 2 & Touch R toe forward, Hold, Step R back, Hold,
3 & 4 & Touch L toe back, Hold, Step L forward, Hold,
5 & 6 & Touch R heel forward, Hitch R foot across L knee, Touch R heel forward, Drop R toe,
7 & 8 & Touch L heel forward, Hitch L foot across L knee, Touch L heel forward, Drop L toe.

[25 - 32] FORWARD, ROCK, HALF, FORWARD, FORWARD, FORWARD, REGGAE, CROSS, QUARTER, SIDE, ROCK.

1 & 2 Step R forward, Rock weight onto L, Turn 1/2 R stepping R forward, (12.00)
3 & 4 Step L forward, Step R forward, Step L forward,
5 & 6 & Step R across L, Step L back, Step R to R side, Step L beside,*
7 & 8 & Step R across L, Turn 1/4 R stepping L back, Step R to R side swaying R hip, Rock weight to L side swaying L hip. (3.00)

REPEAT IN CLOCK WISE ROTATION

RESTARTS* Walls 2 (3.00) 4 (6.00) 6 (9.00)

***Dance to Count 30 omitting the last 2 counts of the dance**

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