Sweet Little Walk



拍數: 32 牆數: 4 級數: Upper Beginner WCS

編舞者: Nancy Morgan (USA) - January 2019

音樂: Sweet Little Shoe - Dan Seals



Begin after 16 counts

Alt. music: Let's Walk by Austin De Lone, BPM: 110, West Coast Swing, Begin after the hard beat begins...32 counts

WALK FORWARD R,L, ROCK FORWARD AND BACK, STEP BACK-SIDE-CROSS, R SIDE ROCK

1,2 Walk forward Right, I	Left
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Rock step forward on Right, return weight to Left, step back on Right (weight is on Right)

5&6 Step back on Left, step Right to Right side, cross Left over Right

7,8 Side rock step Right to Right side, return weight to Left

STEP BEHIND-SIDE-CROSS, TOUCH LEFT OUT TO LEFT SIDE, PIVOT ON RIGHT TOE 1/4 TURN LEFT, CAMEL WALK

1&2 Step Right behind Left, step Left to Left side, cross Right over Left (weight is on Left)

3,4 Touch Left toes out to Left side, pivot ¼ turn to Left (weight is on Left)

5,6,7 Step forward towards 1:00 with Right foot, Lift Right heel up as you slide Left foot to Right

instep, Lift Left heel up as you drop the Right heel down

8 Step Left diagonally toward 11:00

CAMEL WALK, STEP R, TOUCH L, STEP BACK AND HEEL STEP R NEXT TO L, TOUCH L TOES NEXT TO RIGHT, REPEAT

1,2 Lift Left heel off of floor as you slide your Right to your Left instep, Lift Right heel up as you

set Left heel down

3,4 Step R forward towards 1:00, Touch L next to R

&5 Step back on L, tap R heel forward

&6 Step R back to center, touch L toes next to Right

&7 Step back on L, tap R heel forward

&8 Step R back to center, touch L toes next to Right

STEP, BRUSH, SHUFFLE BACK, BACK ROCK

1,2 Step L foot forward, ½ turn touch R
3,4 Step R forward, Brush L forward
5&6 Shuffle back ½ turn – L-R-L

7,8 Rock Step – Rock Step back R and Step L next to R

BEGIN AGAIN!