

Walk This Walk

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Type of dance: Advanced AB dance, 2 walls. A: 40 counts, B: 32 counts.
 Music: **She got it** by Teddy Swims feat. Coco Jones & GioRilla. Track length: 3.11. Buy on iTunes
 Intro: Start counting from 1 to 8 when Teddy Swims starts singing 'Woooo'. Start dance 6 secs into track on word 'Walk'. Start with weight on L foot
 Phrasing: A (24), B, A, B, A, B, A, Ending. Note: During your first A you restart dance after 24 counts which means you will start your first B facing 6:00

A Part: 40 counts (You do A 4 times during the dance)

Counts	Footwork	End facing
1 – 8	Walk RL fwd, R mambo w. L grind, back L w. R grind, R coaster run RL, rock R fwd &	
1 – 2	Walk R fwd (1), walk L fwd (2) ... <i>Fun styling: swing R arm up and back snapping R fingers</i>	12:00
3&4 – 5	Rock R fwd (3), recover on L (&), step back on R grinding L toes to L side (4), step back on L grinding R toes to R side (5) ... <i>Note: as you grind Teddy Swims sing about 'Boots'</i>	12:00
6&7&	Step back on R (6), step L next to R (&), run R fwd (7), run L fwd (&)	12:00
8&	Rock fwd on R (8), recover back on L (&)	12:00
9 – 16	Point R back, ½ R, step ¼ R, cross, ¼ L, ½ L with R sweep, R cross, L scissor step	
1 – 2	Point R back (1), turn ½ R stepping down on R (2)	6:00
3&	Step L fwd (3), turn ¼ R stepping onto R (&)	9:00
4&5 – 6	Cross L over R (4), turn ¼ L stepping back on R (&), turn ½ L stepping L fwd sweeping R fwd at the same time (5), cross R over L (6)	12:00
7&8	Step L to L side (7), step R next to L (&), cross L over R (8)	12:00
17 – 24	Side R, together, knee pop, fwd R, step ¾ R with R heel grind, behind ¼ fwd, L mambo	
&1&2	Step R to R side (&), step L next to R (1), pop knees fwd (&), return heels into floor (2)	12:00
3, 4&5	Walk R fwd (3), step L fwd (4), turn ½ R onto R (&), turn ¼ R stepping L a big'ish step to L side grinding R heel at the same time (5)	9:00
6&7	Cross R behind L (6), turn ¼ L stepping L fwd (&), step R fwd (7)	6:00
&8&	Rock L fwd (&), recover on R (8), step L back (&) ... <i>* Restart here during 1st A, facing 6:00</i>	6:00
25 – 32	Point R back, ½ R, step ¼ R, cross, ¼ L, ½ L with R sweep, R cross, L scissor step	
1 – 2	Point R back (1), turn ½ R stepping down on R (2)	12:00
3&	Step L fwd (3), turn ¼ R stepping onto R (&)	3:00
4&5 – 6	Cross L over R (4), turn ¼ L stepping back on R (&), turn ½ L stepping L fwd sweeping R fwd at the same time (5), cross R over L (6)	6:00
7&8	Step L to L side (7), step R next to L (&), cross L over R (8)	6:00
33 – 40	Side R, together, knee pop, fwd R, step ¾ R with R heel grind, behind ¼ fwd, L mambo	
&1&2	Step R to R side (&), step L next to R (1), pop knees fwd (&), return heels into floor (2)	6:00
3, 4&5	Walk R fwd (3), step L fwd (4), turn ½ R onto R (&), turn ¼ R stepping L a biggish step to L side grinding R heel at the same time (5)	3:00
6&7	Cross R behind L (6), turn ¼ L stepping L fwd (&), step R fwd (7)	12:00
&8&	Rock L fwd (&), recover on R (8), step L back (&)	12:00

B Part: 32 counts (you do B 3 times) – NOTE: the first time you do B you will be facing 6:00

1 – 9	¼ R, samba 1/8 L, fwd R, flick & push, back tog., mambo ½ L, fwd R, swivels, back tog.	
1, 2&3	Turn ¼ R stepping R to R side (1), cross L over R (2), rock R to R side (&), recover on L turning 1/8 L (3)	7:30
&4&5	Step R fwd (&), flick L behind R leg pushing R knee fwd and tilting upper-body slightly backwards (4), straighten body and step back on L (&), step R next to L (5)	7:30
6&7	Rock L fwd (6), recover back on R (&), turn ½ L stepping L fwd (7)	1:30
&8&1	Step R fwd (&), swivel both heels R pushing hips fwd (8), swivel heels back again changing weight to L (&), step R next to L (1)	1:30
10 – 16	1/8 R into L side rock, weave hitch, behind side, cross rock ¼ R, step ½ R, flick	
2&	Turn 1/8 R rocking L to L side (2), recover on R (&)	3:00
3&4	Cross L over R (3), step R to R side (&), cross L behind R hitching R knee out to R side (4)	3:00

5&6&7	Cross R behind L (5), step L to L side (&), cross rock R over L (6), recover on L (&), turn ¼ R stepping R fwd (7)	6:00
&8	Step L fwd (&), turn ½ R onto R flicking L foot back (8)	12:00
17 – 24	Fwd L, R rocking chair, fwd R sweep L, L samba 1/8 L, fwd RL together, back RL together	
1	Walk L fwd (1)	12:00
2&3&4	Rock R fwd (2), recover on L (&), rock back on R (3), recover on L (&), step R fwd sweeping L fwd at the same time (4)	12:00
5&6	Cross L over R (5), rock R to R side (&), recover on L turning 1/8 L (6)	10:30
&7&8	Step R fwd (&), step L next to R (7), step back on R (&), step L next to R (8)	10:30
25 – 32	Fwd R, step turn step, step turn step, L mambo 3/8 L, step ½ L	
1, 2&3	Step R fwd (1), step L fwd (2), turn ½ R onto R (&), step L fwd (3)	4:30
4&5	Step R fwd (4), turn ½ L stepping onto L (&), step R fwd sweeping L fwd (5)	10:30
6&7	Rock L fwd (6), recover back on R (&), turn 3/8 L stepping L fwd (7)	6:00
8&	Step R fwd (8), turn ½ L onto L (&)	12:00
Ending	Finish your 4 th A. Then point R back, sit back on R, recover on L	12:00
1 – 3	Point R back (1), sit back on R popping L knee fwd (2), recover on L straightening knees (3)	12:00
Extra note:	Explanation of which wall you will be facing once you've completed a B section: AB: facing 12:00. AB: facing 6:00. AB: facing 12:00. This means you will do A and B facing both 12:00 and 6:00 during the dance. Make sure to practice them facing both walls!... 😊	