

# Walk This Walk

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**Count:** 72

**Wall:** 2

**Level:** Phrased Advanced

**Choreographer:** Niels Poulsen (DK) - May 2025

**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)

**[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) ... **Fun styling:** swing R arm up and back snapping R fingers 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) ... **Note:** as you grind Teddy Swims sing about 'Boots' 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,  $\frac{1}{2}$  R, step  $\frac{1}{4}$  R, cross,  $\frac{1}{4}$  L,  $\frac{1}{2}$  L with R sweep, R cross, L scissor step

**1 - 2** Point R back (1), turn  $\frac{1}{2}$  R stepping down on R (2) 6:00

**3&** Step L fwd (3), turn  $\frac{1}{4}$  R stepping onto R (&) 9:00

**4&5 - 6** Cross L over R (4), turn  $\frac{1}{4}$  L stepping back on R (&), turn  $\frac{1}{2}$  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  $\frac{3}{4}$  R with R heel grind, behind  $\frac{1}{4}$  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  $\frac{1}{2}$  R onto R (&), turn  $\frac{1}{4}$  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  $\frac{1}{4}$  L stepping L fwd (&), step R fwd (7) 6:00**

**&8& Rock L fwd (&), recover on R (8), step L back (&) ... \* Restart here during 1st A, facing 6:00 6:00**

**[25 - 32] Point R back,  $\frac{1}{2}$  R, step  $\frac{1}{4}$  R, cross,  $\frac{1}{4}$  L,  $\frac{1}{2}$  L with R sweep, R cross, L scissor step**

**1 - 2 Point R back (1), turn  $\frac{1}{2}$  R stepping down on R (2) 12:00**

**3& Step L fwd (3), turn  $\frac{1}{4}$  R stepping onto R (&) 3:00**

**4&5 - 6 Cross L over R (4), turn  $\frac{1}{4}$  L stepping back on R (&), turn  $\frac{1}{2}$  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  $\frac{3}{4}$  R with R heel grind, behind  $\frac{1}{4}$  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  $\frac{1}{2}$  R onto R (&), turn  $\frac{1}{4}$  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  $\frac{1}{4}$  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]  $\frac{1}{4}$  R, samba  $\frac{1}{8}$  L, fwd R, flick & push, back tog., mambo  $\frac{1}{2}$  L, fwd R, swivels, back tog.**

**1, 2&3 Turn  $\frac{1}{4}$  R stepping R to R side (1), cross L over R (2), rock R to R side (&), recover on L turning  $\frac{1}{8}$  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  $\frac{1}{2}$  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]  $\frac{1}{8}$  R into L side rock, weave hitch, behind side, cross rock  $\frac{1}{4}$  R, step  $\frac{1}{2}$  R, flick**

**2& Turn  $\frac{1}{8}$  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  $\frac{1}{4}$  R stepping R fwd (7) 6:00**

**&8 Step L fwd (&), turn  $\frac{1}{2}$  R onto R flicking L foot back (8) 12:00**

**[17 - 24] Fwd L, R rocking chair, fwd R sweep L, L samba  $\frac{1}{8}$  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  $\frac{1}{8}$  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  $\frac{3}{8}$  L, step  $\frac{1}{2}$  L**

**1, 2&3 Step R fwd (1), step L fwd (2), turn  $\frac{1}{2}$  R onto R (&), step L fwd (3) 4:30**

**4&5 Step R fwd (4), turn  $\frac{1}{2}$  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 1/2 L onto L (&) 12:00**

**Ending Finish your 4th 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!...**

**Teach tip!**

**Make sure to practice a full A before teaching/practicing B. Tip: Put the music on and fast forward to the place in the music when you do a full A the first time.**

**This is at 0.47 secs into the track...**