

# The Walk

**Count:** 32    **Wall:** 4    **Level:** Easy Beginner

**Choreographer:** Gerard Murphy, Halifax, Nova Scotia, Canada (June 2019)

**Music:** "Walk of Shame" by Eight To The Bar (Album: Calling All Ickeroos!)



**Begin after 32 counts.**

**Music available on iTunes and Amazon (3:39 mins)**

**Note: Works well as a floor-split when other more improver or intermediate level dances are played to this fantastic track!**

## **Rock Recover Coaster Step x 2**

1,2                    Rock forward on R, recover onto L  
3&4                   Step back onto R, step back onto L next to R, step forward onto R  
5,6                    Rock forward on L, recover onto R  
7&8                    Step back onto L, step back onto R next to L, step forward onto L

## **Walk Walk, Cha Cha Forward, Step ½ Pivot R, Cha Cha Forward**

1,2                    Step forward onto R, step forward onto L  
3&4                    Step forward onto R, close L behind R, step forward onto R  
5,6                    Step L forward, pivot ½ turn R shifting weight to R (6 o'clock)  
7&8                    Step forward onto L, close R behind L, step forward onto L

## **Kick Ball Change x 2, Step Diagonal R, Touch, Step Diagonal Left, Touch**

1&2                    Kick R forward, step onto ball of R in place, step onto L next to R  
3&4                    Kick R forward, step onto ball of R in place, step onto L next to R  
5,6                    Step R forward to R diagonal, touch L next to R  
7,8                    Step L forward to L diagonal, touch R next to L

## **Kick Ball Change x 2, Walk ¾ Turn R**

1&2                    Kick R forward, step onto ball of R in place, step onto L next to R  
3&4                    Kick R forward, step onto ball of R in place, step onto L next to R  
5,6,7,8                Walk around stepping R, L, R, L while making a ¾ turn over R shoulder (3 o'clock)

**REPEAT**

**Contact: (902) 457-2774, [dance@trybarefoot.com](mailto:dance@trybarefoot.com)  
<http://gerardmurphy.weebly.com/> | Twitter: @gmdance**