Walk This Walk

Count: 72 **Wall:** 2 **Level:** Phrased Advanced

Choreographer: Niels Poulsen (DK) - May 2025

Music: She Got It - Teddy Swims, Coco Jones & GloRilla

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, 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 (&) … * Restart here during 1st A, facing 6:00 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 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…