

# 10 Minute Walk

Count: 32 Wall: 4 Level:

Choreographer: Simon Ward and Bracken Ellis – 19th April 2017

Music: Gonna Walk by Barenaked Ladies and the Persuasions. (Album: Ladies and



**Intro: 16 counts**

**Restart: after 16 counts on wall 3 (facing 12:00)**

## **[1-8] WALK RIGHT, LEFT, 1/4 BALL CROSS, 1/4 WALK, WALK, 1/4 BALL CROSS, BALL CROSS, SIDE**

- 1,2 Step right forward, step left forward
- &3 Turn 1/4 left and step ball of right slightly to side [9:00], Step left across right
- 4,5 Turn 1/4 right and step right forward [12:00], Step left forward
- &6&7 Turn 1/4 left and step ball of right slightly to side [9:00], Step left across right, Step ball of right next to left, Step left across right
- 8 Step right to right side

## **[9-16] TOUCH, KICK BALL CROSS, SIDE, SAILOR STEP, 1/4 SAILOR STEP**

- 1,2&3 Touch left next to right, Kick left to forward left diagonal, Step ball of left to left side, Step right across left
- 4 Step left to left side
- 5&6 Step right behind left, Step Left to left side, Step Right to right side
- 7&8 Step left behind right [6:00], Step right to right side, Turn 1/4 left and step left forward

**RESTART HERE ON WALL 3, FACING 12:00**

## **[17-24] CROSS, TAP, BACK, KICK, SIDE, CROSS, SIDE, DRAG, BALL CROSS, SIDE**

- 1,2 Step Right across left, Tap Left toe behind right heel
- &3 Step Left back, Kick Right forward
- &4 Step Right to right side, Step Left across right
- 5,6 Large step Right to right side, Drag left towards right
- &7,8 Step Left to left side, Step Right across left, Step Left to left side

## **[25-32] BACK ROCK, TRIPLE FORWARD, WALK AROUND (3X), TOUCH**

- 1,2 Rock Right back, Recover in place on Left
- 3&4 Step Right forward, Close Left next to right, Step Right forward
- 5,6,7 Walk in 3/4 circle to right: Left, Right, Left [3:00]
- 8 Touch Right next to left

**START AGAIN! ENJOY!**

**Hey, it finishes on the front, too!**

**Simon Ward bellychops@hotmail.com**

**Bracken Ellis, [brackenNCV@gmail.com](mailto:brackenNCV@gmail.com)**