

One My Way

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Marie Louw (SA) - September 2022

Musik: Send Me On My Way - Rusted Root



Intro: 32 counts start on vocals

CROSS ROCK, SIDE ROCK, BACK ROCK, SHUFFLE FORWARD

- 1-4 Cross R over L, recover on L, Rock to R side, recover on L
- 5-6 Rock back on R, recover on L
- 7&8 Step R forward, L next to R, step R forward

½ PIVOT RIGHT, SHUFFLE FORWARD, TOUCH R TO R SIDE, SWIVEL BALL OF FOOT AND KNEE IN AND OUT, FLICK R

- 1-2 Step forward on L ½ pivot to R
- 3&4 Step L forward, R next to L, step L forward
- 5-8 Touch R ball of R to R side, swivel R foot and knee in and out, flick R up

LEFT SIDE BEHIND SIDE, CROSS HEEL, RIGHT SIDE BEHIND SIDE ¼ TURN RIGHT, RIGHT FLICK

- 1-4 Step R behind left, step L to left side, step R across L, touch L heel to left side
- 5-8 Step L behind R, step R to R side, ¼ turn R, step L to L side, Hitch R

STEP TOUCH TO RIGHT AND LEFT SIDE, CROSS RIGHT OVER LEFT, STEP LEFT BACK, ROCK RECOVER TO RIGHT SIDE

- 1-4 Step R to R side, touch L next to Right, step L to left side touch R next to L
- 5-6 Cross R over L, step back on L
- 7-8 Rock to R side, recover on L

REPEAT

Last Update: 24 Sep 2022
