

The Way

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Jan Svensen (USA)

Musik: The Way I Mate - Rednex



SIDE SHUFFLE, ROCK, RECOVER, HEEL SWITCHES, TURNING ¼ LEFT

- 1&2 Step right to right, step left beside right, step right to right
3-4 Rock back on left, recover on right
5& Touch left heel forward, step left by right
6& Touch right heel forward, step right by left
7&8 Touch left heel forward, step left by right, touch right heel forward

While doing heel switches you should be turning ¼ left

SIDE SHUFFLE, ROCK, RECOVER, ½ SHUFFLE TURN RIGHT, ROCK, RECOVER

- 1&2 Step right to right, step left beside right, step right to right
3-4 Rock back on left, recover on right
5&6 Make ½ shuffle turn right stepping left, right, left
7-8 Rock back on right, recover on left

HEEL HOOK, SHUFFLE, STEP ½ PIVOT, HOOK, SHUFFLE

- 1-2 Touch right heel forward, hook right, over left leg
3&4 Step forward on right, step left by right, step forward on right
5-6& Step forward on left, ½ pivot right, hook right over left leg
7&8 Step forward on right, step left by right, step forward on right

ROCK FORWARD, ROCK BACK, ROCK FORWARD, ½ SHUFFLE TURN

- 1-2 Rock forward on left, recover on right
3-4 Rock back on left, recover on right
5-6 Rock forward on left, recover on right
7&8 Make ½ shuffle turn to left stepping left, right, left

REPEAT
