

# Full Throttle (aka The Only Way I Know)

**COPPER** KNOB  
STEPSHEETS

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Steve Lustgraaf (USA) - December 2013

Music: The Only Way I Know (with Luke Bryan & Eric Church) - Jason Aldean : (Album: Night Train)



Start dance on vocals, 32 counts in.

## Scissors Step x2, Back Right Turn, Chase Turn

- 1&2 Rock L to left side, replace weight R, Cross L over R  
3&4 Rock R to right side, replace weight L, Cross R over L  
5&6 Step slightly back L, ½ turn right stepping R, Step forward L (6 o'clock)  
7&8 Step forward R, ½ turn left stepping L, step forward R (12 o'clock)

## Walk, Walk, Coaster Step, Step Lock Step, Back, Back, Sit

- 9-10 Step forward L, Step forward R  
11&12 Step forward L, step R next to L, step back L  
13&14 Step back R, step back L slightly across R, step back R  
15&16 Step back L, step back R, squat slightly keeping L touched in front of R (weight is on R)

## Run, Run, Run, ¼ turn, ½ turn, Cross Rock ¼ Turn, Full Turn Triple

- 17&18 Step forward L, R, L (small running steps)  
19-20 ¼ turn left step side R (9 o'clock), ½ turn left step side L (3 o'clock)  
21&22 Cross R over L, replace L, ¼ turn right step forward R (6 o'clock)  
23&24 ½ turn right step back L, ½ turn right step forward R, step forward L (6 o'clock)

## Syncopated Lock Steps, Mambo, Coaster Step

- 25&26& Step forward R, step L behind R, step forward R, step forward L  
27&28 Step R behind L, step forward L, step forward R  
29&30 Rock forward L, replace R, step L next to R  
31&32 Step back R, step L next to R, step forward R

Start again

Restart: Dance the first two walls, then dance to count 8 and Start from the beginning.

Ending: The dance ends on count 17. After the sit on 16, place weight on left foot and turn to the front.

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