

# R&B - I'm On My Way

Compte: 64

Mur: 2

Niveau: Improver

Chorégraphe: Ivan Rundgren (SWE) - June 2022

Musique: I'm on My Way - Sarah Brown



**INTRO: 16C FROM HEAVY BEAT, APPROXIMATELY 8 SEC. START ON WORD: WAY**

## **SEC 1. STEP – HOLD – ROCK STEP – ROCKING CHAIR**

- 1 – 2 Large step R to R side (1) hold (2)
- 3 – 4 Step L behind R (3) recover on R (4)
- 5 – 6 Step fwd L (5) recover on R (6)
- 7 – 8 Step back on L (7) recover on R (8)

## **SEC 2. STEP – HOLD – ROCK STEP – ROCKING CHAIR 1/4 TURN R – TOUCH**

- 1 – 2 Large step L to L side (1) hold (2)
- 3 – 4 Step R behind R (3) recover on L (4)
- 5 – 6 Step fwd R (5) recover on L (6)
- 7 – 8 1/4 Turn R stepping R to R side (7) touch L next to R (8)

## **SEC 3. GRAPEVINE 1/4 TURN R – STEP FWD – PIVOT 1/2 TURN R – STEP**

- 1 – 2 Step L across R (1) step R to R side (2)
- 3 – 4 Step L behind R (3) 1/4 turn R stepping fwd R (4)
- 5 – 6 Step fwd L (5) pivot 1/2 turn R (6)
- 7 – 8 Stepping fwd L (7) hold (8)

## **SEC 4. HEEL SWITCHES R AND L – LOCK STEP – STEP – PIVOT 1/4 TURN L**

- 1 – 2 Touch R heel fwd (1) recover next to L (2)
- 3 – 4 Touch L heel fwd (3) recover next to R (4)
- 5 – 6 Step fwd R (5) lock step L behind R (6)
- 7 – 8 Step fwd R (7) Pivot 1/4 turn L (8)

## **SEC 5. TOE STRUTS – CROSS STEP – SCISSOR STEP**

- 1 – 2 Step R toe across L (1) Drop R heel (2)
- 3 – 4 Step L toe to L side (3) Drop L heel (4)
- 5 – 6 Cross R over L (5) Step L to L side (6)
- 7 – 8 Recover on R (7) cross L over R (8)

## **SEC 6. GRAPEVINE 1/4 TURN R – HOLD – PIVOT 1/2 TURN R – STEP – HOLD**

- 1 – 2 Step R to R side (1) step L behind R (2)
- 3 – 4 1/4 turn R stepping fwd R (3) hold (4)
- 5 – 6 Step fwd L (5) Pivot 1/2 turn R (6)
- 7 – 8 Step L to L side (7) hold (8)

## **SEC 7. FWD MAMBO STEP – HOLD – BACKWARD STEP LOCK STEP – HOLD**

- 1 – 2 Step fwd R (1) recover on L (2)
- 3 – 4 Step R backwards (3) hold (4)
- 5 – 6 Step backward L (5) lock R over L (6)
- 7 – 8 Step backward L (7) hold (8)

## **SEC 8. SLOW COASTER STEP – HOLD – STEP FWD L R L – HOLD**

- 1 – 2 Step Backward R (1) step L next to R (2)
- 3 – 4 Step fwd R (3) hold (4)

5 – 6            Step fwd L (5) step fwd R (6)  
7 – 8            Step fwd L (7) Hold (8)

**OPTION SEC 3. (5-8) \*\*\* GRAPEVINE 1/4 TURN R – PRESS– RECOVER AND 1/2 TURN L – HOLD**

5 – 6            Press fwd L (5) recover to R and 1/2 turn L on R heel (6)  
7 – 8            Stepping fwd L (7) hold (8)

**OPTION SEC 8. (5-8) \*\*\* TRIPLE TURN FWD – HOLD**

5 – 6            1/4 turn R stepping L to L side (5) 1/2 turn R stepping R to R side (6)  
7 – 8            1/4 turn R stepping fwd L(7) Hold (8)

**Start over again!**

**Have fun & happy dancing, hugs from Sweden :)**

**Last Update: 30 Aug 2022**

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