

# On My Way (在我的路上) (zh)

COPPER KNOB  
STEPSHEETS

Compte: 52

Mur: 4

Niveau: High Beginner

Chorégraphe: Maria Nix (DE) - 2022年09月

Musique: I'm on My Way - Sarah Brown



**Note: The dance starts with the use of vocals**

**S1: Side Drag (r), Rock Back (l), rock step(l), Hold**

**S1 : 侧身拖动(r), 摇滚回旋(l), 摇滚步(l), 保持**

- 1-2 RF向右长步, 将LF拉至右脚
  - 3-4 LF向后迈步, 将重心移回右侧
  - 5-6 LF向前迈步, RF留在原地, 重心回到右侧
  - 7-8 LF后退一步, 重心向右后移, 保持1小节
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- 1-2 RF long step to the right, pull LF to right foot
  - 3-4 LF step backward, shift weight back to right side
  - 5-6 LF step forward, RF stay in place, weight back to right side
  - 7-8 LF step back, shift weight back to right, hold 1 bar

**S2: side drag (l), rock back (r), rock step ¼ turn (r) (3:00) hold**

**S2 : 侧身拖动 ( l ), 向后摇动 ( r ), 摇动步1/4转 ( r ) ( 3 : 00 ) 保持**

- 1-2 低频长步向左, 将射频拉至左脚。
  - 3-4 RF后退一步, 重心移回左边。
  - 5-6 RF向前迈步, LF保持原位
  - 7-8 RF向右迈步, 转1/4圈至3:00, 保持1拍
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- 1-2 LF long step to left, pull RF to left foot,
  - 3-4 RF step back, shift weight back to left.
  - 5-6 RF step forward, LF stays in place
  - 7-8 RF step right with ¼ turn to 3:00, hold 1 beat

**S3: Weave (r), cross rock ¼ turn (l) (12:00), hold**

**S3: 织布(r),跨岩¼转(l)(12:00),保持**

- 1-2 低频交叉在射频上, 射频向右迈步。
  - 3-4 LF在RF后面交叉, RF向右迈步
  - 5-6 LF越过RF, 重心回到RF上
  - 7-8 LF向左转1/4步至12点, 保持1拍
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- 1-2 LF cross over RF, RF step to right.
  - 3-4 LF cross behind RF, RF step right
  - 5-6 LF cross over RF, weight back on RF
  - 7-8 LF step left with ¼ turn to 12 o'clock, hold 1 beat

**S4: Walk, walk r/l, step lock step (r), rock step ¼ turn (l) (9:00)**

**S4: 走路, 走r/l, 锁步 ( r ), 摇步¼转 ( l ) ( 9:00 ) 。**

- 1-2 RF向前走一步, LF向前走一步。
- 3&4 RF向前跨过LF, 重量在右边, LF向下跨过RF, 重量在左边, RF向前跨出。
- 5-6 LF带着重物向前迈步, RF留在原地, 重物回到左边。
- 7-8 低频步左转1/4圈至9点, 保持1拍

- 1-2 RF step forward, LF step forward.
- 3&4 RF step forward cross over LF with weight on right, LF step down close behind RF with weight on left, RF step forward
- 5-6 LF step forward with weight, RF stay in place, weight back to left
- 7-8 LF step left with ¼ turn to 9:00, hold 1 beat

**S5: jazz box, rumba box**

**S5: 爵士箱, 伦巴箱**

- 1-2 射频在低频前面交叉, 低频后退一步
- 3-4 RF向右迈步, LF向前迈步
- 5&6& RF向侧边走, LF走到RF, RF向前走。
- 7&8& LF走到RF旁边, LF向左走一步, RF走到LF, LF向后走一步
  
- 1-2 RF cross in front of LF, LF step back
- 3-4 RF step right, LF step forward
- 5&6& RF step to side, LF step to RF, RF step forward
- 7&8& Step LF next to RF, step LF to left, step RF to LF, step LF backward

**S6: Sweep r/l, Coaster Step (r), Step Lock Step**

**S6: 扫荡r/l, 过山车步 ( r ), 步锁步**

- 1-2 RF ( 球 ) 越过右侧拖过地板到LF后方
- 3-4 RF ( 球 ) 越过左侧拖过地板到RF后方
- 5&6 RF后退一步, 接近LF和LF, RF向前一步
- 7&8 LF向前迈步, 左手持球越过RF, 左手持球靠近LF后面, LF向前迈步。
  
- 1-2 RF (ball) over right side dragging across floor to back behind LF
- 3-4 RF (ball) over the left side dragging across the floor to the back behind RF
- 5&6 RF step back, approach LF and LF, RF step forward
- 7&8 Step LF forward, cross over RF with weight on left, step RF close behind LF with weight on left, step LF forward

**S7: Step (r), Full Turn, Step, Hold**

**S7: 步法(r), 全转, 步法, 保持**

- 1-2 射手向前迈步。
- 3-4 个全转
  
- 1-2 RF step forward,
- 3-4 full turn

**Ending (8 count) at the end of the 6th round at 6:00在第6轮结束时, 6:00结束 ( 8次 )。**

**侧拖 ( r ), 侧合水手半转 ( 12:00 )。**

- 1-2 RF长步向右。
- 3-4 RF向右脚迈步。
- 5&6 RF向右迈步, 将LF抬到右脚。
- 7&8 RF在LF后面交叉, 转半圈到12:00, 转完后重心向左移。

**Side Drag (r), Side Together Sailor ½ Turn (12:00).**

- 1-2 RF long step to right,
- 3-4 RF step to right foot.
- 5&6 RF step right, bring LF up to right foot,
- 7&8 RF cross behind LF with ½ turn to 12:00, after turn weight to left

