

# Get This Way

**Compte:** 48

**Mur:** 4

**Niveau:** Intermediate nightclub



**Chorégraphe:** Joanna Wingrove (UK)

**Musique:** My My My (Radio Edit) - Armand Van Helden

## **RIGHT SIDE ROCK AND CROSS, LEFT SIDE ROCK AND CROSS, FORWARD ROCK RECOVER, TRIPLE FULL TURN**

- 1&2 Rock right foot to right side, recover onto left foot, cross right foot in front of left
- 3&4 Rock left foot to left side, recover onto right foot, cross left foot in front of right.
- 5-6 Rock right foot forward, recover back onto left foot
- 7&8 Triple full turn, stepping right, left, right, (over right shoulder)

## **LEFT ROCK RECOVER, TRIPLE ¾ TURNS, RIGHT POINT MONTEREY, LEFT POINT MONTEREY**

- 1-2 Rock forward on left foot, recover back onto right foot
- 3&4 Triple ¾ turns, left, right, left, (over left shoulder)
- 5-6 Point right foot to right side, Monterey half over right shoulder, weight ends on right foot
- 7-8 Point left foot out to left side, Monterey half over left shoulder, weight ends on left foot

## **RIGHT JAZZ BOX, RIGHT SIDE ROCK AND CROSS, LEFT KICK BALL CHANGE**

- 1-4 Cross right foot in front of left foot, step back onto left foot, step right to right side, cross left foot in front of right foot
- 5&6 Rock right foot to right side, recover onto left foot, cross right foot in front of left
- 7&8 Kick left foot forward, place left foot next to right, cross right foot in front of left

## **BOUNCE, BOUNCE HALF TURN, LEFT COASTER STEP, RIGHT SIDE TOGETHER FORWARD, LEFT CHASSE**

- 1-2 Turn a ¼ left on balls of the feet, then repeat again weight ends on right foot
- 3&4 Step left foot back, join right foot next to left, step left foot forward
- 5&6 Step right foot out to right side, step left next to right, step right foot forward
- 7&8 Step left foot out to left side, step right foot next to left, step left foot out to left side

## **RIGHT TOE STRUT, LEFT TOE STRUT, STEP LOCK, LOCKING SHUFFLE**

- 1-2 Touch right toe forward, put weight onto foot
- 3-4 Touch left toe forward, put weight onto foot
- 5-6 Step right foot forward, lock left foot behind right
- 7&8 Step right foot forward, lock left foot behind right, step right foot forward

## **LEFT ROCK RECOVER, ½ SHUFFLE, SHUFFLE ½, BEHIND, SIDE, CROSS**

- 1-2 Rock left foot forward, recover back onto right foot
- 3&4 Shuffle ½ turning left, stepping left, right, left
- 5&6 Shuffle back, turning ½ left, stepping right, left, right
- 7&8 Step left foot behind right, step right foot out to right side, step left foot across in front of right

## **REPEAT**

## **RESTART**

On wall 4, after first 16 counts (after the Monterey turns), start again. The beat in the music will soften slightly and suddenly it will pick up again as you restart