

My Way

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Craig Bennett (UK) - September 2014
音乐: Get In My Way - Robin Thicke : (Album: Blurred lines)



[1-8] Walk, Walk, Mambo forward, Walk back, Walk back, Sailor 1/4 cross

1,2 Walk forward onto right, Walk forward onto left
3&4 Rock forward onto right, Recover back onto left, Step back onto right
5,6 Walk back left, Walk back right
7&8 Step left behind right, Make 1/4 turn left stepping right to right side, Cross left over right (9:00)

[9-16] Side touch, 1/4 turn, 1/4 turn, Left sailor, Right sailor

1,2 Step right to right side, Touch left toe behind right
3,4 Step forward on left making 1/4 turn left, Make a 1/4 turn left stepping right to right side
5&6 Step left behind right, Step right to right side, Step left to left side
7&8 Step right behind left, Step left to left side, Step right to right side (3:00)

[17-24] Cross side, Sailor 1/4 turn, Step 1/2 turn, Shuffle 1/2 turn

1,2 Cross left over right, Step right to right side
3&4 Step left behind right, Make 1/4 turn stepping left to right side, Step left to left side
5,6 Step forward onto right, Make a 1/2 turn right, stepping back onto left
7&8 Make a 1/2 turn right stepping forward onto right, Step left next to right, Step forward onto right (12:00)

[25-32] Jazz box, Rock recover, Behind 1/4 turn, Step spiral full turn

1,2 Cross left over right, Step back onto right
3,4 Rock left to left side, Recover onto right
5,6 Step left behind right, Make a 1/4 turn right stepping forward onto right (3:00)
7,8 Step forward onto left, Unwind a full turn right (3:00)

Restarts:-

Wall 3 after 20 counts (facing back wall)

Wall 6 after 20 counts (facing front wall)

Tag: At the end of wall 8

1,2 Rock forward onto right, Recover back onto left
3,4 Rock back onto right, Recover forward onto left

Last Update - 11th Nov 2014