

One My Way

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Marie Louw (SA) - September 2022
音乐: Send Me On My Way - Rusted Root



Intro: 32 counts start on vocals

CROSS ROCK, SIDE ROCK, BACK ROCK, SHUFFLE FORWARD

1-4 Cross R over L, recover on L, Rock to R side, recover on L
5-6 Rock back on R, recover on L
7&8 Step R forward, L next to R, step R forward

½ PIVOT RIGHT, SHUFFLE FORWARD, TOUCH R TO R SIDE, SWIVEL BALL OF FOOT AND KNEE IN AND OUT, FLICK R

1-2 Step forward on L ½ pivot to R
3&4 Step L forward, R next to L, step L forward
5-8 Touch R ball of R to R side, swivel R foot and knee in and out, flick R up

LEFT SIDE BEHIND SIDE, CROSS HEEL, RIGHT SIDE BEHIND SIDE ¼ TURN RIGHT, RIGHT FLICK

1-4 Step R behind left, step L to left side, step R across L, touch L heel to left side
5-8 Step L behind R, step R to R side, ¼ turn R, step L to L side, Hitch R

STEP TOUCH TO RIGHT AND LEFT SIDE, CROSS RIGHT OVER LEFT, STEP LEFT BACK, ROCK RECOVER TO RIGHT SIDE

1-4 Step R to R side, touch L next to Right, step L to left side touch R next to L
5-6 Cross R over L, step back on L
7-8 Rock to R side, recover on L

REPEAT

Last Update: 24 Sep 2022
