

This Way

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 4 级数: Intermediate
编舞者: Robin Madeley (UK) & Jan Madeley
音乐: Show Me The Way - The Bunch



Sequence: AABCB, AABC, AAA, BCC, BCC. on the 2nd repetition of C, counts 1 through 16 of C are repeated

PART A

SIDE, BEHIND, QUARTER, HALF, BACK, FORWARD, HITCH... AND CROSS

- 1-2 Step right foot to right side, step left foot behind right
- 3-4 Step right foot to right side making $\frac{1}{4}$ turn right; making a further $\frac{1}{2}$ turn to right stepping back on left.
- 5-6 Rock back on right, rock forward onto left
- 7&8 Hitch right knee slightly across left leg, step right slightly to right side, step left in front/across right

Step '7&8' is a very gentle "hitch... & cross" in time to the beat of the music.

"DRUNKEN SAILOR" WEAVE TRAVELING FORWARD; SIDE, STEP, BEHIND, SIDE, STEP, BEHIND, SIDE STEP

- 9 Step right (slightly) to right side
- 10 Step forward on left
- 11 Step right foot behind left, angling upper body to right
- 12 Step left foot to left side
- 13 Step right foot forward
- 14 Step left foot behind right, angling upper body to left
- 15 Step right to right side
- 16 Step forward on left

ROCK (RIGHT)FORWARD, (LEFT)BACK, (RIGHT)SHUFFLE BACK, FULL TURN, (LEFT)SHUFFLE FORWARD

- 17-18 Rock forward on right; rock back on left
- 19&20 Right shuffle back (right, left, right)
- 21-22 Full turn left, traveling backwards (left, right)
- 23&24 Left shuffle forward (left, right, left)

SKATE RIGHT, HOLD, CHASSE LEFT; REPEAT.

- 25-26 Skate step forward on right diagonal, and hold
- 27&28 Skate-style chasse forward on left diagonal (left, right, left)
- 29-30-31&32 Repeat steps 25 through 28

PART B

MONTEREY $\frac{1}{2}$ TURN, $\frac{1}{4}$ TURN, MONTEREY $\frac{1}{4}$ TURN, CROSS

- 1 Point right toe to right side
- 2 Bring right toe in, making a half turn to right, transferring weight from left foot to right foot
- 3 Point left toe out to left side
- 4 Bring left foot in, turning $\frac{1}{4}$ left, stepping on left foot besides right foot
- 5 Point right toe to right side
- 6 Bring right toe in, making a quarter turn to right, transferring weight from left foot to right foot
- 7 Point toe left to left side
- 8 Step left across right

& CROSS, POINT, CROSS, SIDE, KICK, ROCK, RECOVER, KICK

- 8-9 Complete a cross-shuffle, closing right next to left (&), cross-stepping left over right (9)
- 10 Point right toe to right side
- 11-12 Cross-step right over left; step left to left side
- 13 Kick right diagonally to right
- 14-15 Rock back on right, recover on left
- 16 Kick diagonally forward on right

PART C

FIGURE-EIGHT VINE TO RIGHT

- 1-2-3 Step right to right side, step left behind, step right to right side making $\frac{1}{4}$ turn right
- 4-5 Step forward (slightly across right) on left; pivot $\frac{3}{4}$ turn to right
- 6-7-8 Step left to left side, step right behind, step left to left side making $\frac{1}{4}$ turn left

STEP, HOLD, TURN, HOLD, HIP SWAYS DOWN AND UP (RIGHT, LEFT, RIGHT, LEFT)

- 9-10 Step forward on right; hold
- 11-12 Make half turn to left keeping weight on right; hold

Left toe will end up touching in front of right

- 13-14 Moving body downwards (bending knees), sway hips right; then left
- 15-16 Moving body upwards (straightening knees), sway hips right; then left (transferring weight forward onto left foot)

FIGURE-EIGHT VINE TO RIGHT

- 17-18-19 Step right to right side, step left behind, step right to right side making $\frac{1}{4}$ turn right
- 20-21 Step forward (slightly across right) on left; pivot $\frac{3}{4}$ turn to right
- 22-23-24 Step left to left side, step right behind, step left to left side making $\frac{1}{4}$ turn left

SIDE, HOLD, & SIDE, HOLD, HITCH & CROSS

- 25-26 Step right to right side; hold
- &27-28 Close left next to right (&); step right to right side (keeping weight on both feet) (27); hold (28)
- 29&30 Hitch right knee in front of left leg; make a small step to right side on right; step left slightly across right
- 31&32 Hitch right knee in front of left leg; make a small step to right side on right; step left slightly across right

When you finish the dance, the "hitch & crosses" are done in time with the guitar, and, if you want, are followed by a step to the right, pointing/dragging left toe and posing with arms!
