

This Way

拍数: 32 墙数: 4 级数: Intermediate
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音乐: If It Really Has To Be This Way - The Derailers



SWAY FORWARD-BACK, SHUFFLE ½ RIGHT - ½ RIGHT, ½ RIGHT, SHUFFLE LEFT-RIGHT-LEFT

1-2 Sway forward on right, sway back on left
3&4 Shuffle ½ turn right (right-left-right)
5-6 Step left forward into ½ right, step right back into ½ right
7&8 Shuffle forward (left-right-left)

FORWARD-BACK, ¼ RIGHT SIDE SHUFFLE-CROSS, REPLACE, SHUFFLE ½ LEFT

1-2 Step right forward, rock left back
3&4 Shuffle ¼ turn right (side-together-side)
5-6 Cross left over right, replace weight right
7&8 Shuffle ½ turn left (left-right-left)

ROCK-REPLACE, ½ RIGHT, ½ RIGHT - ½ RIGHT, STEP, SHUFFLE FORWARD (RIGHT-LEFT-RIGHT)

1-2 Rock right forward, rock left back
3-4 Step right back into ½ turn right, step left forward into ½ right
5-6 Step right back into ½ turn right, step left forward
7&8 Shuffle forward (right-left-right)

FORWARD-BACK, BACK-X-BACK - BACK-X-BACK, BACK COASTER

1-2 Step left forward, step right back
3&4 Step left back, cross right over left, step left back
5&6 Step right back, cross left over right, step right back
7&8 Step left back, step right back next to left, step left forward

REPEAT
