

The Way Ahead

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Karen Hadley (UK)
音乐: Show Me The Way - Olas



SIDE ROCK & CROSS (RIGHT & LEFT), SIDE, BEHIND, SIDE, HEEL, SIDE, CROSS (VAUDEVILLE)

1&2 Rock right to right side, recover left, cross step right over left
3&4 Rock left to left side, recover right, cross step left over right
5-6 Step right to right side, cross step left behind right
&7 Step right to right side, touch left heel diagonal forward
&8 Step left in place, cross step right over left

¾ TURN RIGHT, LEFT SHUFFLE FORWARD, FORWARD ROCK, COASTER STEP

9-10 Step left to left side making ¼ turn right, ½ turn right stepping forward on right
11&12 Step forward on left, step right beside left, step forward on left
13-14 Rock forward on right, recover on left
15&16 Step back on right, step left beside right, step forward on right

STEP, PIVOT ½ TURN RIGHT, STEP, PIVOT ½ TURN RIGHT, FORWARD ROCK, BACK-LOCK-BACK

17-18 Step forward on left, pivot ½ turn right
19-20 Step forward on left, pivot ½ turn right
21-22 Rock forward on left, recover right
23&24 Step back on left, lock right over left, step back on left

½ TURN RIGHT, STEP FORWARD, RIGHT SHUFFLE FORWARD, FORWARD ROCK, QUARTER SAILOR TURN

25-26 On ball of left make ½ turn right stepping forward on right, step forward on left
27&28 Step forward on right, step left beside right, step forward on right
29-30 Rock forward on left, recover right
31&32 Cross step left behind right, ¼ turn left stepping right slightly to right side, step left to left side

Alternative steps

25 On ball of left make ½ turn right stepping forward on right
26 On ball of right make ½ turn right stepping back on left
27&28 ½ shuffle turn right, stepping: right, left, right

CROSS, QUARTER RIGHT TURN, SHUFFLE BACK RIGHT, BACK ROCK, ½ SHUFFLE TURN RIGHT

33-34 Cross step right over left, step left to left side making ¼ turn right
35&36 Step back on right, step left beside right, step back on right
37-38 Rock back on left, recover on right
39&40 ½ shuffle turn right, stepping: left, right, left

BACK ROCK, KICK BALL-STEP, STEP, PIVOT ½ TURN LEFT, STEP, PIVOT ½ TURN LEFT

41-42 Rock back on right, recover left
43&44 Kick right forward, step right beside left, step forward on left
45-46 Step forward on right, pivot ½ turn left
47-48 Step forward on right, pivot ½ turn left

REPEAT