The Way That You Are



拍数: 32 墙数: 4 级数: Intermediate

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BOX STEP FORWARD, BOX STEP BACK (BOSSA NOVA BASIC)

1-4 Step left foot forward, hold, step right foot to the side, close left foot next to right foot 5-8 Step right foot back, hold, step left foot to the side, close right foot next to left foot

WEAVE TO LEFT, SIDE ROCK CROSS, HOLD

9-12 Step left foot to side, cross step right foot behind left foot, step left foot to side, cross step

right foot over left foot

13-16 Rock left foot to the side, recover weight to right foot in place, cross step left foot over right

foot hold

WHISK TO RIGHT, WHISK TO LEFT (CROSS BASIC)

17-20 Step right foot to the side, hold, cross step left foot behind right foot (ball of foot), replace

weight on to right foot

21-24 Step left foot to the side, hold, cross step right foot behind left foot (ball of foot), replace

weight on to left foot

CONTINUOUS VINE TO RIGHT MAKING 3/4 TURN RIGHT, WALK WALK, HOLD

25-28 Step right foot to the side, cross step left foot behind right foot, make ¼ turn right and step

right foot forward, step left foot forward

29-32 Pivot ½ turn right transferring weight to right foot, walk forward stepping left, right, hold

REPEAT

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At the end of walls 4 & 8 (you will be facing the front wall both times)

1-4 Step left foot to the side, close right foot next to left foot, cross step left foot over right foot,

hold

5-8 Rock back on to right foot, recover weight forward on to left foot, rock back on to right foot,

recover weight forward on to left foot

RIGHT SCISSOR STEP, HIP ROCKS

9-12 Step right foot to side, close left foot next to right foot, cross step right foot over left foot, hold

13-16 Rock back on to left foot, recover weight forward on to right foot, rock back on to left foot,

recover weight forward on to right foot

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At end wall 9 (you will be facing 9:00)

HIP ROCKS

1-4 Rock forward on to left foot, rock back on to right foot, rock forward on to left foot, rock back

on to right foot