

Your Way

拍数: 56 墙数: 4 级数: Improver
编舞者: Lisen Persson (SWE)
音乐: Can't Stop This Thing We Started - Bryan Adams



Start the dance on the first heavy beat after Bryan sings, je. ah (you can count to eight from the start of the song)

CROSS, SIDE, CROSS, SIDE, CROSS, POINT, CLAP, CLAP

1-2 Cross right over left, step left beside right
3-4 Cross right over left, step left beside right
5-6 Cross right over left, point left to left
7-8 Hold position and clap hands twice

CROSS, SIDE, CROSS, SIDE, CROSS, POINT, CLAP, CLAP

1-2 Cross left over right, step right beside left
3-4 Cross left over right, step right beside left
5-6 Cross left over right, point right to right
7-8 Hold position and clap hands twice

CROSS, BEND KNEES TWICE, STEP, BEND KNEES TWICE, KICK BALL, CHANGE TWICE

1&2& Cross right over left as you bend knees twice(down, up, down, up)
3&4& Step left to side as you bend knees twice(down, up, down, up)
5&6 Kick right forward, step right beside left, step left in place
7&8 Kick right forward, step tight beside left, step left in place

STEP, TURN ¼ LEFT, STEP, TURN ¼ LEFT, STOMP X4

1-2 Step right forward, turn ¼ left, weight on left
3-4 Step right forward, turn¼ left, weight on left
5-8 Stomp right, left, right, left

SHUFFLE, ROCK, SHUFFLE ¼ LEFT, SKATE, SKATE

1&2 Step right forward, step left next to right, step left forward
3-4 Rock left forward, recover weight to right
5&6 Make ¼ turn left and make a shuffle forward on left, right, left
7-8 Skate forward right, left

ROCK, ROCK, STEP, TURN ½ LEFT, FULL TURN LEFT

1-2 Rock right forward, recover weight to left
3-4 Rock right back, recover weight to left
5-6 Step right forward, turn ½ left, weight on left
7-8 Turn ½ left and step right back, turn ½ left and step left forward

ROCK WITH BENDED KNEES, WALK TWICE, KICK BALL TOUCH WITH CLAP TWICE

1-2 Rock right forward with bended knees, recover weight to left
3-4 Step right back, step left back
5&6 Kick right forward, step right next to left, touch left next to right as you clap hands
7&8 Kick left forward, step left next to right, touch right next to left as you cap hands

REPEAT