

拍数: 32 墙数: 4 级数: Intermediate
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 音乐: The Way I Are - Timbaland : (CD: Shock Value)



- 1 -8 W alk R, L, Anchor Step, Ball-Touch, Shift Fwd, Rock Back, Shift fwd w/ Lift**
 1-2,3&4 Step fwd on right (1) Step fwd on left (2) Right Anchor Step: Step right behind left (3) Shift weight left (&) Shift weight right (4)
 &5,6,7,8 Step back angled left on the ball of left (&) Touch/Point right toes fwd (5) Shift weight fwd over right (6) Shift weight back over left (7) Shift weight fwd onto right while sliding left shin upward against right calf (8) _____
- 9 -16 C ross, Point, ¾ Monterey Right w/Touch, Cross-Ball-Touch, Cross-Ball Touch**
 1,2 Step left ft fwd across right (1) Touch/Point right toes out right (2)
 3&4 Draw right toes in turning ¾ right Stepping right (3) Step left next to right (&) Touch/Point right toes out right (4)
 3&4 Option: Touch right toes next to left (3) Pivot ¼ left on left (&) Touch right toes right (4)
 5&6 Slide ball of right ft w/ toes turned out, across left (5) Step slightly left on left (&) Touch/Point right toes out right (6)
 7&8 Slide ball of right ft w/ toes turned out, across left (7) Step slightly left on left (&) Touch/Point right toes out right (8)
 (Cts 5-8 should travel somewhat left, upper body open, angled slightly left) _____
- 17-24 ¼ Step Right, Step Left, Step R ¼ Right, Step L ¼ Left, Step Fwd Right, Sailor ½ Turn Left w/ Heel, Hold, Ball-Step ½ Turn Left**
 &1,2,3,4 Turn ¼ right onto right (&) Step fwd on left (1) Step ¼ right on right (2) Step ¼ left on left (Fake turn) (3) Step fwd on right (4)
 5&6,7 Turn ½ left stepping: Left (5) Step right (&) Touch left heel fwd (6) Hold (7)
 &8 Turn ½ left on ball of left (&) Step right ft to right side (8) _____
- 25-32 S houlder Rocks: R, L, Step ¼ Right, Fwd Ronde ½ Right, Sweep-Ball-Sit**
 1&2 Slightly bend knees to rise over right ft pushing shoulders right (1) Left (&) Right (2)
 3&4 Slightly bend knees to rise over left ft pushing shoulders Left (3) Right (&) Left (4)
 (Style cts 1-4 to a personal comfort level ? more bend, more booty etc)
 5,6 Step right ft ¼ right (5) Turn ½ right on right ft while sweeping left ft fwd CW (6)
 7&8 Sweep left toes back CCW (7) Touch left toes next to right heel (&) Sit into left hip taking weight left as right heel lifts(8) _____

And Again ? Enjoy Every Dance!

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