

The Way I Are

拍数: 32 墙数: 4 级数: Intermediate
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音乐: The Way I Are - Timbaland



Funky steps, side, together, behind, 1/4 turn L

- 1 Step forward on right foot, pop left knee forward
- 2 Step forward on left foot, pop right knee forward
- 3 Step forward on right foot, pop left knee forward
- 4 Step forward on left foot, pop right knkee forward
- 5 Step right foot to right side
- 6 Step left foot next to right
- 7 Step right foot behind left
- & Turn a 1/4 turn to left, step forward on left foot (9.00)
- 8 Touch right toe next to left

Funky foot slides (small steps), behind, side, cross, rock step, 1/4 turn R

- 1 Push off from left foot, right foot slides towards 10.30 turning knees/feet out, body angle 7.30
- & Slide left foot up to right foot closing knees/feet, body angle 10.30
- 2 Push off from right foot, left foot slides towards 7.30 turning knees/feet out, body angle 10.30
- & Slide right foot up to left foot closing knees/feet, body angle 7.30
- 3 Push off from left foot, right foot slides towards 10.30 turning knees/feet out, body angle 7.30
- & Slide left foot up to right foot closing knees/feet, body angle 10.30
- 4 Push off from right foot, left foot slides towards 7.30 turning knees/feet out, body angle 10.30
- Option: if these steps seems to fast for the music just walk forward for 4 counts
- 5 Step right foot behind left
- & Step left foot to left side
- 6 Cross right foot in front of left
- 7 Rock left foot to left side
- & Recover weight onto right foot as turning a 1/4 turn right (12.00)
- 8 Step forward on left foot

Step fwd, point, sailor step, side, free movement

- &1 Step right foot beside left, step forward on left foot
- 2 Point right toe to right side
- 3 Step right foot behind left
- & Step left foot to left side
- 4 Recover weight back onto right foot
- &5 Step left foot beside right, step right foot to right side
- 6 Touch left toe next to right
- 7, 8 Do what ever you want over 2 counts

Point, 1/4 turn L, hip movement or jump, full circle walk

- 1 Point left toe back
- 2 Turn a 1/4 turn to left, weight still on right foot (9.00)
- 3 Push left hip up
- & Push right hip to right side
- 4 Push left hip down to a sitting position, weight on left foot
- Option: guys can do the following steps instead
- 3 Jump onto left foot, hooking right foot behind left knee
- & Jump back onto right foot, kicking left foot forward
- 4 Step left foot beside right
- 5, 6, 7, 8 Walk in a circle, clockwise for 4 counts, end facing 9.00