

# Full Throttle (aka The Only Way I Know)

COPPER KNOB  
STEPSHEETS

拍数: 32                      墙数: 2                      级数: Intermediate

编舞者: Steve Lustgraaf (USA) - December 2013

音乐: The Only Way I Know (with Luke Bryan & Eric Church) - Jason Aldean : (Album: Night Train)



Start dance on vocals, 32 counts in.

## Scissors Step x2, Back Right Turn, Chase Turn

1&2                      Rock L to left side, replace weight R, Cross L over R  
3&4                      Rock R to right side, replace weight L, Cross R over L  
5&6                      Step slightly back L, ½ turn right stepping R, Step forward L (6 o'clock)  
7&8                      Step forward R, ½ turn left stepping L, step forward R (12 o'clock)

## Walk, Walk, Coaster Step, Step Lock Step, Back, Back, Sit

9-10                      Step forward L, Step forward R  
11&12                      Step forward L, step R next to L, step back L  
13&14                      Step back R, step back L slightly across R, step back R  
15&16                      Step back L, step back R, squat slightly keeping L touched in front of R (weight is on R)

## Run, Run, Run, ¼ turn, ½ turn, Cross Rock ¼ Turn, Full Turn Triple

17&18                      Step forward L, R, L (small running steps)  
19-20                      ¼ turn left step side R (9 o'clock), ½ turn left step side L (3 o'clock)  
21&22                      Cross R over L, replace L, ¼ turn right step forward R (6 o'clock)  
23&24                      ½ turn right step back L, ½ turn right step forward R, step forward L (6 o'clock)

## Syncopated Lock Steps, Mambo, Coaster Step

25&26&                      Step forward R, step L behind R, step forward R, step forward L  
27&28                      Step R behind L, step forward L, step forward R  
29&30                      Rock forward L, replace R, step L next to R  
31&32                      Step back R, step L next to R, step forward R

Start again

Restart: Dance the first two walls, then dance to count 8 and Start from the beginning.

Ending: The dance ends on count 17. After the sit on 16, place weight on left foot and turn to the front.

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