

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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