

Full Throttle, Wide Open

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Sandy Goodman (USA) - January 2013
音乐: The Only Way I Know (with Luke Bryan & Eric Church) - Jason Aldean



Start on lyrics - 32 count intro.

Right Heel Front-Recover-Side-Recover, Brush, Hitch, Step Side, Left Heel Forward-Recover-Side-Recover, Hitch, Step Side

1&2& Right heel fwd. (1), Recover on Left (&), Right heel side right (2), Recover on Left (&)
3 & 4 Brush Right forward (3), Hitch Right up (&), Step Right side right (4)
5&6& Left heel fwd. (5), Recover on Right (&), Left heel side left (6), Recover on Right (&)
7 & 8 Brush Left forward (7), Hitch Left up (&), Step Left side left (8)

Right Mambo Forward, Run Back (x3), Right Coaster Step, Left Shuffle Forward

1 & 2 Rock Right forward (1), Recover on Left (&), Step Right back (2)
3 & 4 Run back - Left (3), Right (&), Left (4)
5 & 6 Step Right back (5), Step Left beside right (&), Step Right forward (6)
7 & 8 Step Left forward (7), Step Right beside left (&), Step Left forward (8) 12:00

¼ Turn Hip Bumps, ½ Turn Hip Bumps, Cross Rock Forward-Recover, Rock Side-Recover, Cross Rock Back-Recover, Step Side

1 & 2 (Making a ¼ turn left) - Bump hips Right (1), Left (&), Right (2) 9:00
3 & 4 (Making a ½ turn left) - Bump hips Left (3), Right (&), Left (4) 3:00
5&6& Cross Rock Right over left (5), Recover on Left (&), Rock Right side right (6), Recover on Left (&)
7 & 8 Cross Rock Right behind left (7), Recover on Left (&), Step Right side right (8)

Cross Rock Forward-Recover, Rock Side-Recover, Cross Rock Back-Recover, Step Side, Step Forward Right - Left, Two Count Hip Roll CCW (or body roll)

1&2& Cross Rock Left over right (1), Recover on Right (&), Rock Left side left (2), Recover on Right (&)
3 & 4 Cross Rock Left behind right (3), Recover on Right (&), Step Left side left (4)
5 - 6 Step forward Right (5), Step forward Left (6)
7 - 8 Roll hips CCW for 2 counts (7-8) Option: 2 count body roll.

Begin Again!!!!

#1 Tag: (Wall 3, facing 6:00)

Side Shuffle Right, Skate Left-Right, Side Shuffle Left, Skate Right-Left

1 & 2 Step Right side right (1), Step Left beside right (&), Step Right side right (2)
3 - 4 Skate Left (3), Skate Right (4)
5 & 6 Step Left side left (5), Step Right beside left (&), Step Left side left (6)
7 - 8 Skate Right (7), Skate Left (8)

#2 Tag: (5th Wall , facing 12:00)

Side Shuffle Right, Skate Left-Right, Side Shuffle Left, Skate Right-Left

1 & 2 Step Right side right (1), Step Left beside right (&), Step Right side right (2)
3 - 4 Skate Left (3), Skate Right (4)
5 & 6 Step Left side left (5), Step Right beside left (&), Step Left side left (6)
7 - 8 Skate Right (7), Skate Left (8)

Point Forward, Step Back, Walk Back (x2), Coaster Step, Shuffle Forward

- 1 - 2 Point Right forward (1), Step back on Right (2)
3 - 4 Walk back Left (3), Walk back Right (4) Option: You may do mashed potatoes instead. (&3&4)
5 & 6 Step Left back (5), Step Right beside left (&), Step Left forward (6)
7 & 8 Step Right forward (7), Step Left beside right (&), Step Right forward (8)

Side Shuffle Left, Skate Right-Left, Side Shuffle Right, Skate Left-Right

- 1 & 2 Step Left side left (1), Step Right beside left (&), Step Left side left (2)
3 - 4 Skate Right (3), Skate Left (4)
5 & 6 Step Right side right (5), Step Left beside right (&), Step Right side right (6)
7 - 8 Skate Left (7), Skate Right (8)

Point Forward, Step Back, Walk Back (x2), Coaster Step, Shuffle Forward

- 1 - 2 Point Left forward (1), Step back on Left (2)
3 - 4 Walk back Right (3), Walk back Left (4) Option: You may do mashed potatoes instead. (&3&4)
5 & 6 Step Right back (5), Step Left beside right (&), Step Right forward (6)
7 & 8 Step Left forward (7), Step Right beside left (&), Step Left forward (8)

#3 Tag: (6th Wall, facing 3:00)

Drop the first 8 counts of the dance and add this 8 count tag, then continue the rest of the dance (2nd, 3rd & 4th sets of 8)

Step Forward Right-Left, 2 Count CCW Hip Roll (x2)

- 1 - 4 Step forward Right (1), Left (2), CCW hip roll for 2 counts (3-4)
5 - 8 Step forward Right (5), Left (6), CCW hip roll for 2 counts (7-8)

Ending: (7th wall, facing 6:00)

Repeat #1 Tag (x2....on the last time drop the skate, skate and replace with a step forward Right, ½ turn left to face the front wall (12:00) and pose. Ta Da!!

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