

# Happy Sway

拍数: 64      墙数: 2      级数: High Beginner  
编舞者: Adrian Helliker (FR) - May 2013  
音乐: My Way - Dave Sheriff



**Intro: 64 Counts, approx 29 Seconds Into The Track - No Tags No Restarts**

## [1-8] RUMBA BOX WITH HOLD, SWAY X4

1-2            Step right to right side, left beside right taking weight on left  
3-4            Step right forward, hold  
5-6            Step left to left side & sway, sway right  
7-8            Sway left, sway right (12:00)

**Option: 5-6-7-8 Sway your hands right, left, right, left at the same time as the sways**

## [9-16] RUMBA BOX WITH HOLD, SWAY X4

1-2            Step left to left side, right beside left taking weight on right  
3-4            Step left forward, hold  
5-6            Step right to right side & sway, sway left  
7-8            Sway right, sway left (12:00)

**Option: 5-6-7-8 Sway your hands left, right, left, right at the same time as the sways**

## [17-24] SIDE, TOGETHER, ¼ TURN RIGHT, HOLD, ROCK STEP, MAMBO STEP WITH HOLD

1-2            Step right to right side, left beside right taking weight on left  
3-4            Step right to right side make ¼ turn to right stepping right forward, hold (3:00)  
5-6            Rock left forward, recover on right  
7-8            Step left back, hold (3:00)

## [25-32] SWAY X4, JAZZBOX WITH ¼ TURN & CROSS

1-2            Step right to right side & sway, sway left  
3-4            Sway right, sway left (3:00)

**Option: 5-6-7-8 Sway your hands right, left, right, left at the same time as the sways**

5-6            Right cross in front of left, left back  
7-8            Right to right side with ¼ turn right, cross left in front of right (6:00)

## [33-40] SIDE MAMBO FORWARD HOLD X2

1-2            Rock right to right side, recover onto left  
3-4            Step right forward, hold  
5-6            Rock left to left side, recover onto right  
7-8            Step left forward, hold

## [41-48] ROCK, RECOVER, ½ TURN FORWARD, ¼ TURN SCISSOR CROSS

1-2            Rock forward on right, recover onto left  
3-4            Make a ½ turn right stepping forward on right, hold (12:00)  
5-6            Make a ¼ turn right stepping left to left side, step right beside left (3:00)  
7-8            Cross left over right, hold

## [49-56] SIDE, TOGETHER, ¼ TURN RIGHT, HOLD, ROCK STEP, MAMBO STEP WITH HOLD

1-2            Step right to right side, left beside right taking weight on left  
3-4            Step right to right side make ¼ turn to right stepping right forward, hold (6:00)  
5-6            Rock left forward, recover on right  
7-8            Step left back, hold (6:00)

## [57-64] SWAY X4, ROCKING CHAIR

1-2 Step right to right side & sway, sway left

3-4 Sway right, sway left (6:00)

**Option: 5-6-7-8 Sway your hands right, left, right, left at the same time as the sways**

5-6 Rock right forward, recover on left

7-8 Rock right back, recover on left (6:00)

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