It's Just The Way It Is



拍数: 80 墙数: 2 级数: Intermediate

编舞者: Wil Bos (NL) - April 2014

音乐: It's Like That - RUN-DMC vs. Jason Nevins



Intro 16 counts

Cross, Side, Behind, Point (x2)

1-4 LF cross over, RF step side, LF cross behind, RF point diag. right back [10.30]
5-8 RF cross over, LF step side, RF cross behind, LF point diag. left back [1.30]

Point Fwd & Back, Pivot ½ L, Fwd, Point Fwd & Back, Pivot ½ L, 1/8 L Side

1-4 LF point forward [1.30], LF point back, L+R ½ turn left [7.30], RF step forward

5-8 LF point forward, LF point back, L+R ½ turn left [1.30], RF ½ turn left and step side [12]

Behind, Side, Cross Shuffle, Monterey ½ R, Point, Together

1-2 LF cross behind, RF step side

3&4 LF cross over, RF step side, LF cross over

5-8 RF point side, RF ½ turn right and step beside, LF point side, LF together [6]

Side Rock Recover, Sailor 1/4 R, Rock Fwd Recover, Coaster Cross

1-2 RF rock side, LF recover

3&4 RF ¼ turn right and cross behind, LF step beside, RF small step forward

5-6 LF rock forward, RF recover

7&8 LF step back, RF close, LF cross over [9]

Side, Hold, Together, Side Rock Recover, Cross, 1/4 R x2, Cross

1-2& RF step side, hold, LF together

3-4 RF rock side, LF recover

5-8 RF cross over, LF ¼ turn right and step back, RF ¼ turn right and step side, LF cross over [3]

Side, Hold, Together, Side Rock Recover, Jazz Box 1/4 R Step Fwd

1-2& RF step side, hold, LF together

3-4 RF rock side, LF recover

5-8 RF cross over, LF ¼ turn right and step back, RF step side, LF step forward [6]

Fwd, Hold, Together, Fwd x2, Shuffle Fwd, Pivot % R

1-2&3-4 RF step forward, hold, LF together, RF step forward, LF step forward

5&6-8 RF step forward, LF together, RF step forward, LF step forward, L+R % turn right [10.30]

Shuffle Fwd, ½ L, ¼ L, Shuffle Fwd, Pivot ½ R

1&2 LF step forward, RF together, LF step forward [10.30]

3-4 RF ½ turn left and step back, LF ¼ turn left and step forward [1.30]

5&6-8 RF step forward, LF together, RF step forward, LF step forward, L+R ½ turn right [7.30]

Fwd, Hold, Together, Fwd, Toe & Heel Switches

1-2&3-4 LF step forward, hold, RF together, LF step forward, RF step forward

5&6 LF point side, LF together, RF point side

&7&8 RF together, LF dig heel forward, LF together, RF dig heel forward [7.30]

Together, Rock Fwd Recover, 1/2 R Coaster, Walk 1/2 x2, Shuffle 1/2 R

&1-2 RF together, LF rock forward, RF recover

3&4 LF 1/8 turn right and step back [9], RF close, LF step forward

5-6 RF 1/8 turn right and step forward, LF 1/8 turn right and step forward

7&8 RF ¼ turn right and step forward, LF together, RF ¼ turn right and step forward [6]

Start again

Tag/Restart: Dance the 5th wall up to and including count 63 (count 7 of the 8th section), add:

8 L+R□% turn right

and start again [6]

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