

It's The Way

拍數: 32 牆數: 4 級數: Improver ECS
編舞者: Maria Maag (DK) - March 2015
音樂: The Way You Are - Anti Social Media : (Album: Melodi Grand Prix 2015 - 3:05)



Intro: 52 count from first beat

Tag: 4 counts after wall 3 (facing 9:00)

Ending: On wall 11 after 4 counts (weight on L) (facing 3:00)
Make a sharp turn ¼ L stepping fw. R (1) ...Ta Daaaa....The End □ □

[1 – 8] □ Step ¼ L, cross kick ball step, cross ¼ R, chasse ¼ R □

1-2 Step fw. R (1), turn ¼ L stepping down L (2) □ 09:00
3&4 Cross kick R over L (3), step down R (&), step down L (4) □ 09:00
5-6 Cross R over L (5), Turn ¼ R stepping back L (6) □ 12:00
7&8 Turn ¼ R stepping R to side (7), step L next to R (&), step R to side (8) □ 03:00

[9 – 16] □ Cross toe strut, side rock cross, side rock L, sailor ¼ L □

1-2 Cross L toe over R (1), step down L (2) □ 03:00
3&4 Rock R to side (3), recover L (&), cross R over L (4) □ 03:00
5-6 Rock L to side (5), recover R (6) □ 03:00
7&8 Cross L behind R turning ¼ L (7), step down R (&), step fw. L (8) □ 12:00

[17 – 24] □ Full turn L (option: walk fw. R+L), step ½ turn L step fw. R, rock fw. L, coaster step L □

1-2 Make a ½ turn L stepping back R (1), make a ½ turn L stepping fw. L (2) □ 12:00
3&4 Step fw. R (3), make a ½ turn L stepping down L (&), step fw. R (4) □ 06:00
5-6 Rock fw. L (5), recover R (6) □ 06:00
7&8 Step back L (7), step R next to L (&), step fw. L (8) □ 06:00

[25 – 32] □ Step ¼ turn L with knees bend and hip roll and point, kick ball cross, jazz box, shuffle fw. L □

1-2 Step fw. R as you slightly bend your knees and do a hip roll ccw from L to R (1), point L diagonally fw. L (upper body angled towards L diagonal) (2) □ 03:00
3&4 Kick L diagonally fw. L (3), step down L (&), cross R over L (4) □ 03:00
5-6 Square up to the side wall stepping back L (5), step R to side (6) □ 03:00
7&8 Step fw. L (7), step R next to L (&), step fw. L (8) □ 03:00

Tag: □ After wall 3 (Rocking chair) (facing 9:00) □

1-2 Rock fw. R (1), recover L (2)
3-4 Rock back R (3), recover L (4)

Enjoy...:-)

Maria.maag.dk@gmail.com