

That's The Only Way

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Rhoda Lai (CAN), Ria Vos (NL) & Niels Poulsen (DK) - July 2015
音樂: If That's the Only Way - Carina Dahl : (iTunes)



Intro: 16 counts from the beginning of the music (app. 8 secs. into track). Weight on L foot

Restart: Happens on wall 5 (starts at 12:00), after 16 counts. Your restart also happens at 12:00

Note: This dance was choreographed at Judy Chen's event 'WOW Taipei 2015' in Taiwan

[1 – 9] Big step back R, drag, ball step fwd R, walk fwd L, monterey ¼ R, behind side cross

1 – 2 Step a big step back on R (1), drag L next to R (2) 12:00
&3 – 4 Rock quickly back on ball of L (&), recover fwd to R (3), walk fwd on L (4) 12:00
5 – 7 Point R to R side (5), turn ¼ R stepping R next to L (6), point L to L side (7) 3:00
8&1 Cross L behind R (8), step R to R side (&), cross L over R (1) 3:00

[10 – 16] Hold, ball cross, ¼ L hitch, R cross, Hold, L ball side rock, L cross

2 – &3 Hold (2), step R a small step to R side (&), cross L over R (3) 3:00
4 – 6 Turn ¼ L on L hitching R knee (4), cross R over L (5), Hold (6) 12:00
&7 – 8 Rock L to L side (&), recover on R (7), cross L over R (8) ... * Restart here on wall 5 12:00

[17 – 24] Stomp, Hold, behind side cross into R diagonal, R rock fwd, R back lock step

1 – 2 Stomp R to R side (1), Hold (2) 12:00
&3 – 4 Cross L behind R (&), step R to R side (&), turn 1/8 R stepping fwd on L (4) 1:30
5 – 6 Rock fwd on R (5), recover back on L (6) 1:30
7&8 Step back on R (7), lock L over R (&), step back on R (8) 1:30

[25 – 32] ½ L, Hold, syncopated step ½ L, 1/8 L sweep, syncopated R jazz box, walk fwd L & R

1 – 2 Turn ½ L stepping fwd on L (1), Hold (2) 7:30
&3 – 4 Step fwd on R (&), turn ½ L stepping onto L (3), turn 1/8 L on L sweeping R fwd (4) 12:00
5 – 6& Cross R over L (5), step back on L (6), step R a small step to R side (&) 12:00
7 – 8 Step fwd on L (7), step fwd on R (8) 12:00

[33 – 40] ½ L, hold, ball step, twist heels ¼ L, twist heels ¼ R, Hold, ¼ L ball cross, ¼ L back R

1 – 2 Turn ½ L stepping onto L (1), Hold (2) 6:00
&3 – 4 Step R next to L (&), step small step fwd on L (3), twist both heels ¼ L this way turning ¼ R and rocking onto R foot and looking towards 12 o'clock (4) 9:00
5 – 6 Twist both heels ¼ R this way turning ¼ L and recovering fwd on L (5), Hold (6) 6:00
&7 – 8 Turn ¼ L stepping R to R side (&), cross L over R (7), turn ¼ L stepping back on R (8) 12:00

[41 – 48] L back rock, shuffle ½ R X 2, ¼ R side L, touch R next to L

1 – 2 Rock back on L (1), recover fwd to R (2) 12:00
3&4 Turn ¼ R stepping L to L side (3), step R next to L (&), turn ¼ R stepping back on L (4) 6:00
5&6 Turn ¼ R stepping R to R side (5), step L next to R (&), turn ¼ R stepping fwd on R (6) 12:00
7 – 8 Turn ¼ R stepping L to L side (7), touch R next to L (8) 3:00

[49 – 56] Out R & L, Hold, ball cross, side R, L sailor ¼ L, rock R fwd

&1 – 2 Step R a small step out to R side (&), step L a small step out to L side (1), Hold (2) 3:00
&3 – 4 Step R next to L (&), cross L over R (3), step R to R side (4) 3:00
5&6 Cross L behind R (5), turn ¼ L stepping R next to L (&), step fwd on L (6) 12:00
7 – 8 Rock fwd on R (7), recover back on L (8) 12:00

[57 – 64] ¼ R point L, Hold, ball point R, ¼ R hitch, R coaster step, L rock fwd, back L

&1 – 2 Turn ¼ R stepping R to R side (&), point L to L side (1), Hold (2) 3:00
&3 – 4 Step L next to R (&), point R to R side (3), turn ¼ R on L and hitch R knee (4) 6:00
5&6 Step back on R (5), step L next to R (&), step fwd on R (6) 6:00
7 – 8& Rock fwd on L (7), recover back on R (8), step back on L (&) 6:00

START AGAIN

Ending Do the first 33 counts of wall 7, starts at 6:00. You're now facing 12:00 ...

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