

My Way

拍數: 36 牆數: 2 級數: Phrased Intermediate
編舞者: Kerry Maus (USA) - September 2016
音樂: My Way - Danger Twins : (iTunes)



#16 count intro - Sequence: ABAABBB(B-)Tag BB Tag

Note: There is 1 Tag after 16 counts during wall 8; and a special ending

Part A (20 counts):

A1: Forward mambo, back rock, recover ¼ turn, cross, ¼, ¼, side, sailor step

1&2 Rock fwd R(1), recover back L(&)Step R beside(2),
3&4 Rock back L(3), recover fwd R making ¼ turn L(&), cross L over R(4)
5&6 Step R to R side making ¼ turn L(5), step R to R side making a ¼ turn L, step R to R(6)
7&8 Rock L behind R(7), recover R(&), step L next to R(8)

A2: R coaster cross, side rock, recover, cross, ¼ turn walk R, L, fwd rock recover together

1&2 Step back R(1), step L next to R(&), step R over L(2),
3&4 Step L to L side(3), recover weight to R(&), cross L over R(4)
5 6 Turn ¼ R and step on R(5), walk forward L(6)
7&8 Rock R forward(7) recover L(&) step R foot next to L foot bending over slightly at waist and pushing hips back (8)

A3: R side, together, swivel to the L, heels, toes, heels, toes (*optional change for 2nd repetition of "A" [wall 3] traveling to R: Heel, toe, heel, hold, then traveling to L: Heel, toe, heel, hold)

1 2 Step R to R sweeping hips slightly downward and to the R(1), step L next to R, and sit into R hip, keeping L knee slightly bent(2)
3&4& With feet together, traveling to the L, swivel your heels(3), toes(&), heels(4), toes(&), ending with weight on your L

Part B (16 counts):

B1: Out R, out L, in R, in L, kick ball, cross, back, side, crossing triple step

1 2 3& Step R out(1), step L out(2), step R back to center(3), step L back to center(&) (*Arm styling for counts 1 – 2, with hands about waist high, push palms of hands down toward the foot you are stepping on.)
4&5 6 Kick R foot(4), step R foot in place(&), cross L over R(5), step back R(6),
&7&8 Step L to L(&), cross R over L(7), Step L to L(&), Cross R over L(8)

B2: Step back L, ¼ turn R, ½ turn chase, pivot ¼ turn, jazzy walk R, L, R, L

1 2 Step back L while pushing hips back, bending slightly at waist(1), step R making ¼ turn R(2)
3&4 Step L forward(3), turn ½ R(&), step forward L(4)
5 6 Step forward R(5), turning ¼ turn L(6)
7&8& Walk forward on the balls of your feet while swiveling heels and knees, R(7),L(&),R(8),L(&).

Hands styling: Jazzy hands with your palms open facing front and shake your hands quickly.

TAG: Happens during wall 8 facing 6:00 after 8 counts of part B.

Step L beside R, hold, hold, swivel to the L, toes, heels, toes, heels

&1 2 Step L foot next to R(&), Hold(1-2)
3&4& with feet together, traveling to the L, swivel your heels(3), toes(&), heels(4), toes(&), ending with weight on your L (then dance part B)

* Special Ending (TAG): There are 4 extra counts at the end of the song, you can repeat the last 4 counts of part A just like in the second repetition of A:

While traveling to R: Heel, toe, heel, hold, then traveling to L: Heel, toe, heel, hold)

1&2 With feet together, traveling to the R, swivel your heels(1), toes(&), heels(2)
3&4 With feet together, traveling to the L, swivel your heels(3), toes(&), heels(4)

Contact: kerrymausdance@gmail.com
