

My Way

COPPER KNOB
BY STEPHEN HETS

拍數: 64 牆數: 4 級數:
編舞者: Irene Groundwater (CAN) - August 2017
音樂: My Way - Elvis Presley



Dance Sequence Sec A – H,, Sec. A – D. Sec. G – H. Sec. A,-B-C-D End of music
Dedicated to: Randel Abler Morland-Brookes who likes to do things - his way (MY WAY)

Intro: Start on the word.....NOW

SECTION A

[1-8] – R. FWD, REPLACE L., 1/2 R. TURN SHUFFLE, L FWD, REPLACE R, 1/2 L TURNING SHUFFLE

1-2-3&4 Step R Foot forward, Replace weight on Left, Right ½ turning shuffle

5-6-7&8 Step L Foot forward, Replace weight on Right, Left – ½ turning shuffle

SECTION - B

[1-8] – SIDE R, REPLACE L, CROSS R OVER L, ROCK L, REPLACE R, CROSS L OVER R, SIDE R, L TOG, R. FWD, PIVOT ½ TURN LEFT ONTO L FOOT

1-2& 3,4 Side step R, Replace weight on L, Cross R over L, Side step L. Replace weight on R

5 6&7, 8 Cross L over R. Side step R. Step L beside R, R. fwd, Pivot ½ turn left onto L foot

SECTION C

[1-8] – R STOMP. KICK R, R. BACK COASTER, L STOMP, L, KICK, L. BACK COASTER

1-2-3&4 Stomp R beside L, Kick R diag. fwd to right, Step R back, Step L beside R, Step R forward

5-6-7&8 Stomp L beside R, Kick L diag. fwd, to left, Step L back, Step R beside L, Step L forward

SECTION D

[1-8] – R. FWD, CLAP, L BACK, CLAP, R. BACK COASTER. L.SIDE, R DRAG, TOUCH R. BESIDE L

1-2-3-4 R forward, Clap hands forward, L back, Clap hands forward

5&6-7&8 R back, Step L beside R, R forward, Side L, Drag R. to L, Touch R, beside L.

SECTION E

[1-8] – TOUCH R. TOE FWD, TOUCH R TOE BACK, SWAY R. SWAY L., R. FWD. SHUFFLE, L FWD, PIVOT ¼ L AND TOUCH R TOE BESIDE L.

1-2-3-4 Touch R Toe fwd, Touch R Toe Back, Sway Body Right, Sway Body Left

5&6-7&8 R fwd. Step L beside R. R fwd, L fwd, Pivot ¼ turn left weight on L. Touch Right Toe beside L.

SECTION F

[1-8] –R. SIDE TOUCH, HOLD, CHANGE WEIGHT TO R, L SIDE TOUCH, HOLD, CHANGE WEIGHT TO L, SWAY-R-L-R-L

1-2&3-4& Touch R to R side, HOLD, Switch weight to R, Touch L side, Hold, Switch weight to L

5-6-7- 8 Sway R, Sway L, Sway R, Sway L

SECTION G

[1-8] – R TOE FWD, LOWER R HEEL (3x), L TOE FWD, LOWER L HEEL (3X)

1-2-3-4 Place R Toe forward, Lower R. Heel – 3 times

5-6-7-8 Place L Toe forward, Lower L Heel – 3 times

SECTION H

[1-8] – SIDE R, REPLACE L, R BACK COASTER, L FWD., ½ RIGHT ONTO R, L FWD, TOUCH R BESIDE L.

1-2-3&4 Side step R. Replace weight on L, Right back, Step L beside R, R forward,

5-6-7-8 Left forward, ½ turn right onto R Foot. Left forward, Touch R Toe beside L Foot,

Begin Again

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