

My Way

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Gerard Murphy (CAN) - May 2018
音樂: My Way - Calvin Harris : (Single)



Start on lyrics after 32 counts

Music available on iTunes. 3:39 mins.

Rock Forward Recover; ¼ Triple Right; ½ Left Right Left Right

1, 2 Rock right forward, recover onto left
3&4 Making a ¼ turn right (to face 3 o'clock), triple to right: right, left, right
5, 6, 7, 8 Making a ½ turn left (to face 9 o'clock), step left to left, cross step right over left, step left to left, cross step right over left

Press Recover; Behind and Cross; Triple Right; Rock Forward Recover

1, 2 Left toe-ball 'press' diagonal left forward; push off from left and weight onto right
3&4 Cross step left behind right, step right to right, cross step left over right
5&6 Triple to right: right, left, right
7, 8 Rock left forward, recover onto right

Walk Back x2; Coaster Back; Walk Forward x 2; Behind and Step; Push Step Back

1, 2 Walk back x2: step back on left, step back on right
3&4 Coaster back: step back on L, step R back next to L, step L forward
5, 6 Walk forward x2: step forward on right, step forward on left
7&8 Step toe-ball of right behind left, step in place on left, push off from left and step back on right

½ Turn Left Step Forward; ¼ Turn Left Step Right; Behind and Cross; ¼ Turn Left Step Back; ¼ Turn Left Step Forward; Walk Forward x2

1 Making a ½ turn left (to face 3 o'clock), step forward on left
2 Making a ¼ turn left (to face 12 o'clock), step right to right
3&4 Cross step left behind right, step right to right, cross step left over right
5 Making a ¼ turn left (to face 9 o'clock), step right back
6 Making a ¼ turn left (to face 6 o'clock), step forward on left
7, 8 Walk forward x2: step forward on right, step forward on left

Start Again!

Contact: (902) 457-2774, dance@trybarefoot.com
<http://gerardmurphy.weebly.com/> | Twitter: @gmdance