

My Way

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Advanced
編舞者: YoungSoon Song (KOR) & SoYeun Choi (KOR) - June 2020
音樂: My Way - Frank Sinatra



Start after 8 counts - Restart : 3rd wall after 48 counts

S1: SWAY R-L-R, TOUCH, SWIVEL WALKING

1 2 3 4 Sway R(1), Sway L(2), Sway(3), LF Touch Beside RF(4)
5 6 7 8 LF Step Cross Over(5), RF Step Cross Over(6), LF Step Cross Over(7), Hold(8)

S2: FORWARD, 1/2 REVERSE TURN R, CROSS ROCK, TOUCH

1 2 RF Step Forward(1), LF 1/4 Turn R Step Back(3:00)(2)
3-4 RF 1/4 Turn R Step Side(6:00)(3-4)
5 6 LF Cross Over(5), RF Recover(6)
7-8 LF Touch L(7-8)

S3: STEP 1/2 SWEEP, SWEEP CROSS, SIDE, TOGETHER, SIDE

1-2 LF Step Forward RF 1/2 Sweep(12:00)(1-2)
3 4 RF Step Forward LF Sweep Cross(3), LF Cross Over(4)
5 6 RF Step R(5), LF Together(6)
7-8 RF Step R(7-8)

S4: CROSS OVER, 1/4 TURN L, BACKWARDS, HIP SWAY X3, 1/4 TURN R

1 2 LF Cross Over, RF 1/4 Turn L Step Back(9:00)(2)
3-4 LF Step Backwards(3-4)
5 6 Sway R(5), Sway L(6)
7-8 Sway R(7), LF 1/4 Turn R with Step Together(12:00)

S5: TOUCH, 1/2 SPIRAL TURN R, 3/4 ROLLING VINE, BACK STEP

1-2 3-4 RF Touch R(1-2), LF 1/2 Turn R(6:00)
5 6 7-8 RF 1/4 Turn R(9:00)(5), LF 1/2 Turn R(3:00)(6), RF Step Backwards(7-8)

S6: SWAY X3, BACKWARDS, BACK ROCK, 1/2 TURN R

1 2 3 4 Sway L(1), Sway R(2), Sway L(3), RF 1/2 Turn L Step Backwards(9:00)(4)
5-6 7 8 LF Step Backwards(5-6), RF Recover(7), LF 1/2 Turn R Step Back(3:00)(8)

S7: BACKWARDS, FULL TURN, STEP FORWARD

1-2 RF Step Backwards(1-2)
3 4 LF Recover(3), RF Step Forward(4)
5 6 LF 1/2 Turn R(5), RF 1/2 Turn R(6)
7 8 Step Forward(7-8)

S8: WALK X2, ROCK, RECOVER, 1/4 TURN R, SIDE WALKING X4

1 2 RF Step Forward(1), LF Step Forward(2)
3 4 RF Step Forward(3), LF Recover(4)
5 6 RF 1/4 Turn R Step R(6)(6:00), LF Together(6)
7 8 RF Step R(7), LF Together(8)

Enjoy Dance!

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