

My Way – Frank Sinatra

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Syafri's Fitri (INA) - June 2020
音樂: My Way - Monica Bejenaru : (Frank Sinatra Cover)



Restart : Wall 3...After 48 C

I. SIDE – RECOVER – CROSS SHUFFLE

1 2 Step R to Side, Recover on L
3&4 Step R Cross Over, step L Together, step R Cross Over
5 6 Step L to Side, Recover on R
7&8 Step L Cross Over, step R Together, step L Cross Over

II. FORWARD – RECOVER – TURN ½ TO RIGHT TRIPLE STEP – BACKWARD – RECOVER

1 2 Step R Forward, Recover on L
3&4 Step R Turn 1/8 to right, step L Together, step R Turn 1/8 to right
5&6 Step L Turn 1/8 to right, step R Together, step L Turn 1/8 to right
7 8 Step R Back, Recover on L

III. CROSS OVER – RECOVER – SACHEE

1 2 Step R Cross Over L, Recover on L
3&4 Step R to Side, step L Together, step R to Side
5 6 Step L Cross Over R, Recover on R
7&8 Step L to Side, step R Together, step L to Side

IV. BACKWARD – RECOVER – SHUFFLE FORWARD – PIVOT TURN ½ - SACHEE

1 2 Step R Behind, Recover on L
3&4 Step R Forward, step L Together, step R Forward
5 6 Step L Turn ½ to Right, Recover on R
7&8 Step L to Side, step R Together, step L to Side

V. WALK BACKWARD - SACHEE – TO SIDE – CROSS BEHIND – TURN ¼ - SHUFFLE FORWARD

1 2 Step R Behind, step L Behind
3&4 Step R to Side, step L Together, step R to Side
5 6 Step L to Side, step R Cross Behind
7&8 Step L Turn ¼ to Left, step R Together, step L Forward

VI. PIVOT TURN ½ - SHUFFLE FORWARD – FORWARD – RECOVER – COUSTER STEP

1 2 Step R Turn ½ to Left, Recover on L
3&4 Step R Forward, Recover on L, step R Forward
5 6 Step L Forward, Recover on R
7&8 Step L Sweep Turn 1/4 to Left, step R Together, step L Forward

VII. RHUMBA BOX

1 2 Step R to Side, Step L Together
3&4 Step R Behind, step L Together, step R Behind
5 6 Step L to Side, step R Together
7&8 Step L Forward, step R Together, step L Forward

VIII. PIVOT TURN ½ - SHUFFLE FORWARD – PIVOT FULL TURN – SHUFFLE FORWARD

1 2 Step R Turn ½ to Left, Recover on L
3&4 Step R Forward, step L Together, step R Forward

5 6 . Step L Full Turn to Right,.Recover on R
7&8 Step L Forward, step R Together, step L Forward

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