

My Way

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - November 2020
音樂: My Way - Jeremy Greene : (iTunes / Spotify)



(Dance starts on lyrics "Pretty" / 8 count intro)

[S1] Back-Spiral 1/2L into Semi Circle Run w/ Sweep, Cross-Side-Behind w/ Sweep-Behind-1/4R, Step-Pivot 1/2R

1 Step back on R making a ½ spiral turn left (6:00)
2&3 Making a semicircle shape run around ½ turn left stepping L-R-L sweeping R out and forward (12:00)
4&5 Cross R over L, Step L to the side, Step R behind L sweeping L out and back
6& Step L behind R, Make a ¼ turn right stepping forward on R (3:00)
7 8 Step forward on L, Make a ½ turn right recover weight on R** (9:00)

[S2] Fwd Rock, 1/4L Side Rock, Full Turn R, Side Rock-Recover 1/4L-1/4L, Back, Point

1 2 Rock forward on L, Recover weight on R
3 4& Make a ¼ turn left stepping (rock) L to the side (6:00), Make a ¼ turn right recover weigh on R, Make a ½ turn right stepping back on L
5 6& Make a ¼ turn right stepping (rock) R to the side (6:00), Make a ¼ turn left recover weigh on L, Make a ½ turn left stepping back on R (9:00)
7 8 Step back on L, Point R to the side***

[S3] Fwd Rock, Back-1/2L-Fwd w/ Hitch, Push Back-1/2R-Fwd, Step-Pivot 1/2L-&

1 2 Rock forward on R, Recover weight on L
3&4 Step back on R, Make a ½ turn left stepping forward on L, Step forward on R hitching L knee forward (3:00)
5&6 Step/push back on L, Make a ½ turn right stepping forward on R, Step forward on L (9:00)
7 8& Step forward on R, Make a ½ turn left recover weight on L, Step forward on R (3:00)

[S4] Step-Pivot 1/4R, Cross-1/4L-1/2L, Side Rock-&, Side, Drag Touch

1 2 Step forward on L, Make a ¼ turn right recover weight on R (6:00)
3&4 Cross L over R, Make a ¼ turn left stepping back on R, Make a ½ turn left stepping forward on L (9:00)
5 6& Rock R to the side, Recover weight on L, Step R together
7 8 Step L to the side, Drag L close to R/touch L next to R

#1st Restart on Wall 3 count 8 (3:00) with step change**

S8 count 7 8 - Step forward on L (7), Make a ½ turn right dragging R close to L (weight ends on L) (8)

#2nd Restart on Wall 4 count 16* (12:00)**

Tag: the end of Wall 6 (6:00) - Hold for 2 counts

The dance finishes at the front.

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 11/Nov/20)