

My Way

拍數: 32 牆數: 4 級數: Beginner
編舞者: Bunda Chris (INA) - December 2021
音樂: My Way - Cassette



INTRO DANCE

SECTION i1 : WALK FORWARD TOUCH, WALK BACK POINT

1-2-3-4 Forward R, Forward L ,Forward R, Touch L Beside R
5-6-7-8 Backward L, bckward R, backward L , Side Touch R to L

SECTION i2: CROSS SIDE CROSS SIDE LR

1 - 2 Step R Cross Over L, Step L to L Side
3 - 4 Cross R Back Behind L, Step L point To L side
5 - 6 Step L Cross Over R, Step R to R Side
7 - 8 Cross L Back Behind R, Step R point To R side

SECTION i3 : V STEP

1 - 2 Diagonal Forward R , Diagonal Forward L
3 - 4 Backward R ,Backward L to centre
5 - 6 Diagonal Forward R , Diagonal Forward L
7 - 8 Backward R, Backward L to centre

SECTION i4 : WALK FORWARD TOUCH, WALK BACK TAP IN PLACE

1-2-3-4 Forward R, Forward L ,Forward R, Touch L Beside R
5-6-7-8 Backward L, bckward R, backward L , Close Tap R beside L

START DANCE

SECTION 1: SIDE POINT LR, FORWARD LR, COASTER STEP, SHUFFLE

1&2& LF Touch L, LF Together, RF Touch R, RF Together
3- 4 Step L Forward, Step R Forward
5 & 6 Step L Back, Step Right together with Left, Step L Forward.
7 & 8 Step R Forward, Step L together, Step R Forward

SECTION 2 : CHASSE R, BACK ROCK, CHASSE L, BACK ROCK

1 & 2 Step L to L side, step R next to L,
3 - 4 Rock back on R, recover on L
5 & 6 Step R to R side, step L next to R
7 - 8 Rock back on L, recover on R

SECTION 3 : GRAPEVINE, ½ PIVOT TURN L, FORWARD, SHUFFLE

1 - 2 Step L to L side, Cross Back R behind L
3 - 4 Step L Forward ¼ Turn to L side, Step R Forward, ½ Turn L
5 - 6 Step L in Place, Step R Forward
7& 8 Step L forward, step R together, step L forward

SECTION 4: TOE STRUT RL, FORWARD, TOUCH, BACK, CLOSE

Toe Strut R-L.

1 - 2 Place R Toe Forward, Step on R
3 - 4 Place L Toe Forward, Step on L
5 - 6 Step Forward R, Together Step L Touch Beside R
7 - 8 Step L Back , Together Step R Back Tap Close Beside L

**No Tag No Restart*

ENJOY IT AND LET'S THE DANCE
