

R&B - I'm On My Way

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Improver
編舞者: Ivan Rundgren (SWE) - June 2022
音樂: I'm on My Way - Sarah Brown



INTRO: 16C FROM HEAVY BEAT, APPROXIMATELY 8 SEC. START ON WORD: WAY

SEC 1. STEP – HOLD – ROCK STEP – ROCKING CHAIR

1 – 2 Large step R to R side (1) hold (2)
3 – 4 Step L behind R (3) recover on R (4)
5 – 6 Step fwd L (5) recover on R (6)
7 – 8 Step back on L (7) recover on R (8)

SEC 2. STEP – HOLD – ROCK STEP – ROCKING CHAIR 1/4 TURN R – TOUCH

1 – 2 Large step L to L side (1) hold (2)
3 – 4 Step R behind R (3) recover on L (4)
5 – 6 Step fwd R (5) recover on L (6)
7 – 8 1/4 Turn R stepping R to R side (7) touch L next to R (8)

SEC 3. GRAPEVINE 1/4 TURN R – STEP FWD – PIVOT 1/2 TURN R – STEP

1 – 2 Step L across R (1) step R to R side (2)
3 – 4 Step L behind R (3) 1/4 turn R stepping fwd R (4)
5 – 6 Step fwd L (5) pivot 1/2 turn R (6)
7 – 8 Stepping fwd L (7) hold (8)

SEC 4. HEEL SWITCHES R AND L – LOCK STEP – STEP – PIVOT 1/4 TURN L

1 – 2 Touch R heel fwd (1) recover next to L (2)
3 – 4 Touch L heel fwd (3) recover next to R (4)
5 – 6 Step fwd R (5) lock step L behind R (6)
7 – 8 Step fwd R (7) Pivot 1/4 turn L (8)

SEC 5. TOE STRUTS – CROSS STEP – SCISSOR STEP

1 – 2 Step R toe a cross L (1) Drop R heel (2)
3 – 4 Step L toe to L side (3) Drop L heel (4)
5 – 6 Cross R over L (5) Step L to L side (6)
7 – 8 Recover on R (7) cross L over R (8)

SEC 6. GRAPEVINE 1/4 TURN R – HOLD – PIVOT 1/2 TURN R – STEP – HOLD

1 – 2 Step R to R side (1) step L behind R (2)
3 – 4 1/4 turn R stepping fwd R (3) hold (4)
5 – 6 Step fwd L (5) Pivot 1/2 turn R (6)
7 – 8 Step L to L side (7) hold (8)

SEC 7. FWD MAMBO STEP – HOLD – BACKWARD STEP LOCK STEP – HOLD

1 – 2 Step fwd R (1) recover on L (2)
3 – 4 Step R backwards (3) hold (4)
5 – 6 Step backward L (5) lock R over L (6)
7 – 8 Step backward L (7) hold (8)

SEC 8. SLOW COASTER STEP – HOLD – STEP FWD L R L – HOLD

1 – 2 Step Backward R (1) step L next to R (2)
3 – 4 Step fwd R (3) hold (4)

5 – 6 Step fwd L (5) step fwd R (6)
7 – 8 Step fwd L (7) Hold (8)

OPTION SEC 3. (5-8) * GRAPEVINE 1/4 TURN R – PRESS– RECOVER AND 1/2 TURN L – HOLD**

5 – 6 Press fwd L (5) recover to R and 1/2 turn L on R heel (6)
7 – 8 Stepping fwd L (7) hold (8)

OPTION SEC 8. (5-8) * TRIPLE TURN FWD – HOLD**

5 – 6 1/4 turn R stepping L to L side (5) 1/2 turn R stepping R to R side (6)
7 – 8 1/4 turn R stepping fwd L(7) Hold (8)

Start over again!

Have fun & happy dancing, hugs from Sweden :)

Last Update: 30 Aug 2022
