

On My Way

拍數: 52 牆數: 4 級數: High Beginner
編舞者: Maria Nix (DE) - September 2022
音樂: I'm on My Way - Sarah Brown



Note: The dance starts with the use of vocals
No Tag, no Restart, Ending (8 Count)

S1: Side Drag (r), Rock Back (l), rock step(l), Hold

1-2 RF long step to the right, pull LF to right foot
3-4 LF step backward, shift weight back to right side
5-6 LF step forward, RF stay in place, weight back to right side
7-8 LF step back, shift weight back to right, hold 1 bar

S2: side drag (l), rock back (r), rock step ¼ turn (r) (3:00) hold

1-2 LF long step to left, pull RF to left foot,
3-4 RF step back, shift weight back to left.
5-6 RF step forward, LF stays in place
7-8 RF step right with ¼ turn to 3:00, hold 1 beat

S3: Weave (r), cross rock ¼ turn (l) (12:00), hold

1-2 LF cross over RF, RF step to right.
3-4 LF cross behind RF, RF step right
5-6 LF cross over RF, weight back on RF
7-8 LF step left with ¼ turn to 12 o'clock, hold 1 beat

S4: Walk, walk r/l, step lock step (r), rock step ¼ turn (l) (9:00)

1-2 RF step forward, LF step forward.
3&4 RF step forward cross over LF with weight on right, LF step down close behind RF with
 weight on left, RF step forward
5-6 LF step forward with weight, RF stay in place, weight back to left
7-8 LF step left with ¼ turn to 9:00, hold 1 beat

S5: jazz box, rumba box

1-2 RF cross in front of LF, LF step back
3-4 RF step right, LF step forward
5&6& RF step to side, LF step to RF, RF step forward
7&8& Step LF next to RF, step LF to left, step RF to LF, step LF backward

S6: Sweep r/l, Coaster Step (r), Step Lock Step

1-2 RF (ball) over right side dragging across floor to back behind LF
3-4 RF (ball) over the left side dragging across the floor to the back behind RF
5&6 RF step back, approach LF and LF, RF step forward
7&8 Step LF forward, cross over RF with weight on left, step RF close behind LF with weight on
 left, step LF forward

S7: Step (r), Full Turn, Step, Hold

1-2 RF step forward,
3-4 full turn

Ending (8 count) at the end of the 6th round at 6:00

Side Drag (r), Side Together Sailor ½ Turn (12:00).

1-2 RF long step to right,

3-4 RF step to right foot.
5&6 RF step right, bring LF up to right foot,
7&8 RF cross behind LF with $\frac{1}{2}$ turn to 12:00, after turn weight to left
