

My Way

COPPER KNOB
STEPPERS

拍數: 112 牆數: 4 級數: Phrased Improver
編舞者: In-young Choi (KOR) - March 2024
音樂: My Way - Paul Anka



Intro: After 8 count...

Sequence: A, A, A, A, B -Tag - A, A, B, C -Last pose A(32C)wall:4 / B(48C)wall:1 C(32C)wall:1

#A Movement (32Counts)

Sec1: Rumba Box, Side Step

1-2 Step side LF(1), Together RF(2)- Ball chage
3-4 (H) Step Forward LF(3), Hold(4)
5-6 Step side RF(5), Together LF(6)- Ball chage,
7-8 (H) Side Step RF(7), Hold(8)

Sec2: Over Vine Step, Sweep,Behind, Side, Front cross

1-2 Step front cross LF(1), Side RF(2),
3-4 Back LF Sweep RF(3.4)
5-6 Step Bhind Step RF(5) Side Step LF(6)
7-8 Step RF Cross on LF(7),Hold(8)

Sec3: Pivot 1/2 Turn(Spot Turn),Foot Change

1-2 Step LF(1) Forward, Step RF(2) Forward 1/2 Turn,
3-4 (H) Step LF Back Step(3), Hold(4)
5-6 Step RF(5) next to LF Together - Ball change(&) Step LF Forward Step(6),
7-8 (H) Step RF Forward Step(7), Hold(8)

Sec4: Cucarachas(L.R)

1-2& Step LF(1) next to RF (Center Balance), Step Weight To the RF(2), Step Together(&),
3-4 (H) Step LF(3) next to RF, Step change, Hold(4)
5-6& Step RF(5) next to LF (Center Balance), Step Weight To the LF(6), Step Together(&)
7-8 (H) Step RF(7) next to LF, Quarter Turn Right Ball change LF Facing(3:00) O'clock

#B Movement (48Count)

Sec1: Rumba Forward Walk×3, Hold-Back Walk×3, Hold

1-2-3 Step LF, RF, LF-Rumba Forward walk×3,
4 (H) Hold(weight on left foot)
5-6-7 Step RF, LF, RF-Rumba Back Walk×3
8 (H) Hold(weight on Right foot)

Sec2: Step LF Side Step (side-Together-side Hold) Step RF Side step (side-Together-side Hold)

1-2 Step LF(1), Together RF(2)
3-4 (H) Ball chage- Side step LF(3) Hold(4)
5-6 Step RF(5), Together LF(6)
7-8 (H) Ball chage- Side step RF(7) Hold(8)

Sec3: (Open Basic) Step LF Forward Rock, Recover, Back, Hold, Step RF Back Rock Recover, Forward, Hold Step RF

1-2 Step LF Forward (1), Recover RF(2)- In Place,
3-4 (H) Back Step LF(3), Hold(4)
5-6 Step RF Back(5), Rock, Recover LF(6)-In Place,
7-8 (H) Forward Step RF(7), Hold(8)

Sec4: Step LF Forward Rock, Recover RF, Side Step LF, Hold, Step RF Back Rock Recover LF, Side Step RF, Hold

1-2 Step LF Forward(1) Rock, Recover RF(2)-In place
3-4 (H) Side Step LF(3), Hold(4)
5-6 Step RF Back(5) Rock, Recover LF(6)-In place
7-8 (H) Side Step RF(7) , Hold(8)

Sec5: Full Turn to the Left, Full Turn to the Right

1-2 Step LF Quarter 1/4 Turn(1), half 1/2 Turn(2)RF,
3-4 Step LF Quarter 1/4 Turn(3) Side RF, Touch(4)or Hold
5-6 Step RF Quarter 1/4 Turn(5) half 1/2 Turn LF(6)
7-8 Step RF Quarter 1/4 Turn(7) Side LF Touch(8)or Hold

****B Movement: Sec5 Step sheet.. Select either Count 4 or Count 8 action as touch or hold..**

Sec6: LF Forward Cuban Rock, LF Side Cuban Rock

1-2 Step LF Forward, Pelvic rotation back and forth, left pelvic rotation(1) Right pelvic rotation(2)
3-4 left pelvic rotation(3) Right pelvic rotation(4)
5-6 Step LF Side,Pelvic rotation, left pelvic rotation(5) Right pelvic rotation(6)
7-8 left pelvic rotation(7) Right pelvic rotation(8)

TAG: After B Movement(48Count), facing(12:00)O'clock

Sway left and right

1-2 Sway left
3-4 Sway Right

#C Movement(Adagio)-32count After B Movement(48count),Two Quarter Turn at 6 o'clock, 1/2 turn to the right, Step LF and do adagio with 4 beats (16 beats)

***Contraction(4c)-Front center movement(4c)- Gaze and body direction only 1/2 turn Look back(4c) Body wave forward(4c)**

Opposition: Step forward with your right foot & do the same as the other side (16counts)

1-4 Contraction
5-8 Front center balance
9-16 Body 1/2 Turn - Look Back 17-24 Body wave forward

******Opposition(16counts): Do the same thing**

#Last pose

From 12 o'clock in the front, wind your left foot in front of your right foot, turn 1/2 with your right hand, and look at 6 o'clock. Slowly.. Conduct three forward walks and end in the last 6 o'clock direction

1-2 Turn from 12 to 6 (1/2 turn LF in front of RF)
3-4 6 o'clock...Walk RF...
5-6 Walk LF...
7-8 Walk RF(ending)...

Silent Dance Rumba Basic Beautifully...Let's enjoy...

Last Update - Apr. 2024 - R1
