

# Wholesome

拍數: 32      牆數: 4      級數: Improver  
編舞者: Chris Jacques (USA) - March 2024  
音樂: On My Way - Ryan Mack



Restarts: 0 Tags: 0 Intro: 32 counts

Alternate track: 'Kinda Funny' by Young Bombs (feat. Audrey Mika)

## [1-9] Side, Together, Cross, Chassé L, Cross Rock-Recover, Chassé R

1, 2            Step R to R side (1), Step L next to R, turning slightly toward L diagonal (2)  
3, 4&5        Cross R over L (3), Step L to L side (4) Step R next to L (&) Step L to L side (5)  
6, 7            Cross Rock R over L (6) Recover weight L (7)  
8&1            Step R to R side (8) Step L next to R (&) Step R to R side (1) – facing 12:00

## [10-16] Hold, Ball-Step, Hold, Ball-Step, Sway 2x, Sway w/ ¼L

2&3            Hold (2) Step Ball of L next to R (&) Step R to R side (3)  
4&5            Hold (4) Step Ball of L next to R (&) Step R to R side (5)  
6, 7, 8        Sway L (6) Sway R (7) Sway, rotating ¼L, weight forward on L (8) – facing 9:00

## [17-24] ¼L Pivot x2, Forward Rock-recover, Walk back

1, 2            Walk forward on R (1) Pivot ¼L, shifting weight onto L (2)\*  
3, 4            Walk forward on R (3) Pivot ¼L, shifting weight onto L (4)\*  
5, 6            Rock forward on R (5) Recover on L (6)  
7, 8            Walk back on R (7) Walk back on L (8) – facing 3:00

\* Styling option – hip circles w/ pivots

## [25-32] Step Touches Travelling Back, Recover, Pivot ½L

&1, 2         Step back on Right (&) Touch L in front of R (1) Hold (2)  
&3, 4         Step back on Left (&) Touch R in front of L (3) Hold (4)  
&5, 6         Step back on Right (&) Touch L in front of R (5) Recover weight forward onto L (6)  
7, 8            Step forward on R (7) Pivot ½L, stepping forward on L (8) – facing 9:00

Last Update: 3 Jun 2024