

My Way

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Maggie Gallagher (UK)
音樂: My Way - Collin Raye



RUMBA BOX FORWARD, SIDE CHASSE RIGHT, ROCK BACK, RECOVER, ¼ RIGHT, ¼ RIGHT, LEFT CROSS

1-2&3 Walk forward on right, step left to left side, step right next to left, step forward on left (12:00)
4&5 Right chasse
6-7 Rock back onto left behind right, recover onto right
8&1 ¼ turn right stepping back onto left, ¼ turn right stepping right to right side, cross left over right (6:00)

RUMBA BOX FORWARD, LEFT LOCK FORWARD, FORWARD & BACK HIP SWAYS, RECOVER

2&3 Step right to right side, step left next to right, step forward on right
4&5 Left lock step forward
6-7 Sway hips forward onto right, sway hips back onto left
8& Sway back onto right, recover onto left (6:00)

Restart here during wall 5 (facing the back wall)

STEP, STEP, ½ PIVOT, STEP, RIGHT SHUFFLE FORWARD, ¼ RIGHT, ¼ RIGHT, ¼ RIGHT WITH LEFT SIDE CHASSE

1 Step forward onto right
2&3 Step forward on left, ½ pivot turn right (weight on right), step forward on left (12:00)
4&5 Right shuffle forward
6 ¼ turn right stepping left to left side, (3:00)
7 ¼ turn right stepping right to right side, (6:00)
8&1 ¼ turn right stepping left to left side, step right next to left, step left to left side (9:00)

RIGHT COASTER, LEFT MAMBO, FORWARD HIPS, BACK HIPS, SIDE RIGHT TOGETHER

2&3 Right backwards coaster step
4&5 Left forward mambo
6-7 Bump hips back onto right, bump hips forward onto left
8& Step right to right side, step left next to right (9:00)

REPEAT

RESTART

Restart after 16 counts during wall 5 (facing back wall)
