

The Only Way I Know

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Derek Robinson (UK)
音樂: The Only Way I Know - Kenny Rogers



This dance was choreographed originally for my wife. We would both like to dedicate it to the people of America and other countries who lost their lives in New York and Washington on that dreadful day in September 2001. It is 'the only way we know' of expressing our sorrow through the Line Dancing and Music that America gave to this country. And has given so much pleasure to us all.

FORWARD LEFT, TOUCH RIGHT, SIDE RIGHT, CLOSE LEFT, SIDE ROCK, CROSS RIGHT, HOLD

- 1 Step forward left
- 2 Touch right beside left
- 3 Step side right on right
- 4 Close left beside right
- 5 Rock side right on right
- 6 Recover onto left
- 7 Cross right over left
- 8 Hold

SIDE LEFT, ROCK BEHIND, RECOVER, GRAPEVINE RIGHT WITH ¼ TURN, PIVOT TURN RIGHT

- 9 Step side left on left
- 10 Rock right behind left
- 11 Recover onto left
- 12 Step side right on right
- 13 Step left behind right
- 14 Step right ¼ turn right
- 15 Step forward left
- 16 Pivot ½ turn right

CHASSE LEFT, ROCK BEHIND, CHASSE RIGHT, ROCK BEHIND

- 17 Step side left on left
- & Close right beside left
- 18 Step side left on left
- 19 Rock right behind left
- 20 Recover onto left
- 21 Step side right on right
- & Close left beside right
- 22 Step side right on right
- 23 Rock left behind right
- 24 Recover onto right

POINT, STEP FORWARD LEFT, POINT, STEP BACK RIGHT, POINT, STEP FORWARD LEFT, POINT, STEP FORWARD RIGHT

- 25 Point left toe to left side
- 26 Step left foot forward
- 27 Point right toe to right side
- 28 Step right foot back
- 29 Point left toe to left side
- 30 Step left foot forward
- 31 Point right toe to right side
- 32 Step right foot forward

LEFT SIDE ROCK, RECOVER, ¼ SAILOR TURN LEFT, RIGHT SIDE ROCK, RECOVER, CROSS-SHUFFLE

- 33 Rock side left on left
- 34 Recover onto right
- 35 Step left behind right
- & Step right beside left
- 36 Step left in place turning ¼ turn left
- 37 Rock side right on right
- 38 Recover onto left
- 39 Step right foot over left
- & Step left foot to left side
- 40 Step right foot over left

LEFT SIDE ROCK, RECOVER, CROSS-SHUFFLE, STEP SIDE RIGHT, TOUCH IN, OUT, IN

- 41 Rock side left on left
- 42 Recover onto right
- 43 Step left foot over right
- & Step right foot to right side
- 44 Step left foot over right
- 45 Step side right on right
- 46 Touch left beside right
- 47 Touch left to left side
- 48 Touch left beside right (finish with left heel raised)

REPEAT
