

The Only Way

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Maureen Jones (UK) & Michelle Jones (UK)
音樂: I Still Believe - Lionel Richie



SIDE, BEHIND, SYNCOPATED WEAVE, TAP, SIDE, TAPS, POINT, KNEE POP, ¼ TURN, KICK

- 1-2 Step right to right, step left behind right
&3&4 Step right to right, step left across right, step right to right, tap left beside right
&5&6 Step left to left, tap right beside left, tap right slightly further right, touch right slightly further right
7&8 Twist right knee towards left, keeping right toe in position make ¼ turn right, kick right forward

MODIFIED COASTER, SHUFFLE, TRIPLE FULL TURN, SAILOR ¼ TURN

- &9-10 Step right back, step left beside right, step right forward
11&12 Shuffle forward stepping left, right, left
13&14 Triple step full turn left stepping right, left, right and traveling forward

Option of forward shuffle on counts 13&14

- 15&16 Make ¼ turn left and step left behind right, step right to right, step left to left

ROCK, ¼ TURN, ROCK, ¼ TURN, FORWARD MAMBO, HIP BUMPS, KICK-SIDE-TOUCH

- 17&18& Rock right forward, recover back onto left, make ¼ turn right and rock right forward, recover back onto left
19&20 Make ¼ turn right and rock right forward, recover back onto left, step right beside left
21&22& Step left slightly forward and bump hips left, right, left, right
23&24 Kick left forward, step left to left, touch right beside left

FORWARD MAMBO, ROCKS, KICK, SHUFFLE, STEP, ½ PIVOT, STEP

- 25&26 Rock right forward, recover back onto left, step right beside left
27&28& Rock left back, recover forward onto right, rock left back, kick right forward
29&30 Shuffle forward stepping right, left, right
31&32 Step left forward, pivot ½ turn right, step left forward

EXTENDED SHUFFLE, STEP-¼ TURN-SIDE, CROSS SHUFFLE, COASTER ½ TURN

- 33&34& Step right forward, step left beside right, step right forward, step left beside right
35&36 Step right forward, step left forward, make ¼ turn right and step right to right
37&38 Step left across right, step right beside left, step left across right
39&40 Step right to right, make ¼ turn left and step left beside right, make ¼ turn left and step right forward

SHUFFLE, ROCK, ½ TURN, ¼ TURN-SIDE, CROSS, SCISSOR STEP

- 41&42 Shuffle forward stepping left, right, left
43&44 Rock right forward, recover back onto left, make ½ turn right and step right forward
45-46 Make ¼ turn right and step left to left, step right across left
47&48 Step left to left, step right beside left, step left across right

REPEAT