

The Only Way

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate cha cha
編舞者: Liam Hrycan (UK)
音樂: That's the Only Way - Alecia Elliott



INTRO

To be danced after the 16 count intro

RIGHT STEP FORWARD, LEFT STEP/½ PIVOT RIGHT, LEFT SHUFFLE FORWARD, RIGHT STEP/½ PIVOT LEFT, RIGHT STEP FORWARD/LEFT TOGETHER

- 1 Step right foot forward
- 2-3 Step left foot forward, pivot a ½ turn right
- 4&5 Step left foot forward, step right foot to place beside left, step left foot forward
- 6-7 Step right foot forward, pivot a ½ turn left
- 8& Step right foot forward, step left foot to place beside right

Start main dance with step 1

MAIN DANCE

RIGHT STEP FORWARD, LEFT STEP/½ PIVOT RIGHT, LEFT SHUFFLE FORWARD, RIGHT SHUFFLE FORWARD, LEFT FORWARD ROCK/RECOVER/SIDE STEP

- 1 Step right foot forward
- 2-3 Step left foot forward, pivot a ½ turn right
- 4&5 Step left foot forward, step right foot to place beside left, step left foot forward
- 6&7 Step right foot forward, step left foot to place beside right, step right foot forward
- 8&1 Rock left foot forward, recover weight back onto right foot, big step left foot to left side

RIGHT SAILOR STEP, ½ TURN LEFT/LEFT SIDE STEP, RIGHT FORWARD ROCK/RECOVER, RIGHT COASTER STEP

- 2&3 Step right foot behind left, step left foot to left side, step right foot to right side
- 4 Make a ½ turn left on ball of right foot (lifting left foot slightly)
- 5 Step left foot to left side
- 6-7 Rock right foot forward, recover weight back onto left foot
- 8&1 Step right foot back, step left foot to place beside right, step right foot forward

LEFT STEP/¼ PIVOT RIGHT, LEFT CROSS STEP/RIGHT SIDE ROCK/RECOVER, RIGHT CROSS STEP/LEFT SIDE ROCK/RECOVER, LEFT STEP FORWARD

- 2-3 Step left foot forward, pivot a ¼ turn right (weight ending on right foot)
- 4&5 Cross step left foot over right, rock right foot to right side, recover weight onto left foot
- 6&7 Cross step right foot over left, rock left foot to left side, recover weight onto right foot
- 8 Step left foot forward

RIGHT STEP/½ PIVOT LEFT, RIGHT STEP FORWARD, LEFT FORWARD ROCK/RECOVER/(¼-LEFT) SIDE STEP, RIGHT SWEEP TURN (¾-LEFT), RIGHT SIDE TOUCH-BALL-STEP

- 1-2 Step right foot forward, pivot a ½ turn left
- 2 Step right foot forward
- 4& Rock left foot forward, recover weight back onto right foot
- 5 Make a ¼ turn left on ball of right foot stepping left foot to left side
- 6 Sweeping right toe around left foot - make a ¾ turn left on ball of left foot
- 7&8 Touch right toe out to right side, step right foot to place beside left, step left foot forward

REPEAT