

This Way, That Way

拍數: 64 牆數: 4 級數: Intermediate
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音樂: Hot Stuff - Donna Summer



STEP TURN, SHUFFLE BACK, WALKS BACK, COASTER STEP

1-2 Forward right, ½ turn right, stepping back left
3&4 Shuffle back right left right
5-6 Walk back left, right
7&8 Back left, back right, forward left

STEP TURN, SHUFFLE BACK, WALKS BACK, COASTER STEP

9-10 Forward right, ½ turn right, stepping back left
11&12 Shuffle back right, left, right
13-14 Walk back left, right
15&16 Back left, back right, forward left

CROSS OVERS AND HEEL DIG

&17-18 Cross right over left, hold
&19-20 Cross right behind left, hold
&21&22 Cross right over left, cross right behind left
&23-24 Step diagonally back left, touch right heel forward, hold (option: arms can be swung around body in time to steps)

CROSS OVERS & HEEL BOUNCE ½ TURN RIGHT

&25-26 Cross left over right, hold
&27-28 Cross left behind right, hold
&29 Cross left over right
30-32 Lift and drop both heels 3 times completing ½ turn right (option: arms can be swung around body in time to steps and out on turn)

SKATING STEPS & SHUFFLES

33-34 Skate diagonally right, skate diagonally left
35&36 Shuffle diagonally right (right, left, right)
37-38 Skate diagonally left, skate diagonally right
39&40 Shuffle diagonally left (left, right, left)

SWINGS BACK, SAILORS

41-42 Swing right behind left, swing left behind right
43&44 Cross right behind left, step left beside right, step forward right
45-46 Swing left behind right, swing right behind left
47&48 Cross left behind right, turning ¼ left, step right beside left, step forward left

WALKS, JUMPS OUT & IN

49-50 Walk forward right, left
&51&52 Jump feet apart (right, left) jump feet together (right, left)
53-54 Walk forward right, left
&55&56 Jump feet apart (right, left), jump feet together (right, left) (option: swing arms out to side and in, on jump steps)

MONTEREY TURN, WALKS & JUMPS OUT & IN

57-58 Touch right to right side, on ball of left make ½ turn right, stepping right beside left

59-60 Touch left to left side, step left beside right
61-62 Walk forward right, left
&63&64 Jump feet apart (right, left), jump feet together (right, left) (option: swing arms out to side and in, on jump steps)

REPEAT
