

The Way It Is

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Heather Frye (CAN)
音樂: That's the Way It Is - Céline Dion



BUMP(2X), BEHIND BALL CROSS

- 1-2 Step right foot to right side (shoulder width), and bump right hip to right side two times
&3&4 Shift weight to left side, step right behind left, step left to left side, cross right over left (take weight)
5-6 Step left foot to left side and bump left hip to left side two times
&7&8 Shift weight to right, step left behind right, step right to right side, cross left over right (take weight)

TWO 1/8 TURNS LEFT, MASHED POTATO, SCUFF, STEP, STEP

- 9-10-11-12 Step right foot out and turn 1/8 turn to left two times (to complete ¼ turn left), feet end up shoulder width, evenly weighted
&13 Swivel heels out, scoot right heel slightly behind left
&14 Swivel heels out, scoot left heel slightly behind right (weight should be on left when finished)
15 Scuff right heel forward
&16 Step down right then step left forward beside right (take weight)

ALTERNATING SIDE KICKS

- 17 Kick right foot to right side
&18 Bring right foot home, take weight, kick left foot to left side
&19 Bring left foot home, take weight, kick right foot to right side
&20 Bring right foot down slightly (do not touch right foot down) & kick right to right side
&21 Bring right foot home, take weight, kick left foot to left side
&22 Bring left foot home, take weight, kick right foot to right side
&23 Bring right foot home, take weight, kick left foot to left side
&24 Bring left foot down slightly (do not touch left foot down) & kick left to left side

4 SAILOR SHUFFLES

- 25&26 Left sailor shuffle- cross step left behind right (angle body slightly), step right to side, step left slightly forward and to left side
27&28 Right sailor shuffle- cross step right behind left (angle body slightly), step left to side, step right slightly forward and to right side
29&30 Left sailor shuffle (as above written)
31&32 Right sailor shuffle (as above written)

STEP HOLD, SWIVEL HEEL TOE, TOUCH (TWICE)

- 33-34 Step left forward on a slight angle - hold
35&36 Swivel right foot to meet the left - heel - toe and touch right beside left
37-38 Step right forward on a slight angle - hold
39&40 Swivel left foot to meet the right - heel - toe and touch left beside right

TWO LEFT HIP BUMPS, TWO RIGHT HIP BUMPS, SWEEPING FULL TURN RIGHT

- 41-42 Shift weight left and bump left hip to the left side twice
43-44 Shift weight right and bump right hip to the right side twice
45 Shift weight left, touch right forward (to 12:00)
46 Sweep right foot (to 3:00 position)
47-48 Continue to sweep right foot around in a to the right direction, keeping weight on left foot until you have completed one full turn

REPEAT

TAG

At the end of 2nd and 5th walls, you will omit steps 33-48 and replace with the following

33 Step left foot forward slightly (take weight)

34 Touch right forward to 12:00

35-36 Sweep right foot around in a to the right direction keeping weight on left foot until you have completed one full turn
