

The Way It Is

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Ray Hodson (UK)
音樂: The Way It Is - Bruce Hornsby



For "The Way It Is", there is a 48-count intro from drum beats (50 Seconds). For "Changes" there is only an 8-count intro from drum beats. Start on singing vocals, not talking vocals

SIDE, TOUCH, SIDE, TOUCH, STEP ¼ CROSS,- SIDE, TOUCH, SIDE, TOUCH, STEP ¼ CROSS

- 1& Step right to right side, touch left next to right (12:00)
- 2& Step left to left side, touch right next to left
- 3&4 Rock forward right, turn ¼ to left, cross right over left (9:00)
- 5& Step left to left side, touch right next to left
- 6& Step right to right side, touch left next to left
- 7&8 Rock forward left, turn ¼ to right, cross left over right (12:00)

HEEL & HEEL, ROCK HALF TURN, HEEL & HEEL, ROCK HALF TURN

- 1& Touch right heel forward side, step right together
- 2& Touch left heel forward, step left together
- 3&4 Rock forward right, turn back ½ to right on ball of left, step forward right (6:00)
- 5& Touch left heel forward side, step left together
- 6& Touch right heel forward, step right together
- 7&8 Rock forward left, turn back ½ to left on ball of right, step forward left (12:00)

SIDE ROCK CROSS, SIDE ROCK CROSS, TURN, TURN, STEP, FORWARD MAMBO

- 1&2 Rock right to side right, recover on right, cross right over left
- 3&4 Rock left to side left, recover on left, cross left over right
- 5&6 Turn ¼ left stepping back on right, turn ½ left stepping forward on left, step forward on right. (3:00)
- 7&8 Step forward left, step back right, step left next to right

SIDE RIGHT, TOGETHER STEP BACK, BACK SHUFFLE, BACK MAMBO, FORWARD SHUFFLE

- 1&2 Step right to right side, step left together, step back right (3:00)
- 3&4 Shuffle backward left right left
- 5&6 Back mambo stepping back right, forward left, together right
- 7&8 Forward shuffle left, right, left

REPEAT
