

# The Way

**COPPER KNOB**  
STEPSHETS

拍數: 32      牆數: 4      級數: Improver  
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音樂: The Way I Mate - Rednex



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## **SIDE SHUFFLE, ROCK, RECOVER, HEEL SWITCHES, TURNING ¼ LEFT**

1&2      Step right to right, step left beside right, step right to right  
3-4      Rock back on left, recover on right  
5&      Touch left heel forward, step left by right  
6&      Touch right heel forward, step right by left  
7&8      Touch left heel forward, step left by right, touch right heel forward

**While doing heel switches you should be turning ¼ left**

## **SIDE SHUFFLE, ROCK, RECOVER, ½ SHUFFLE TURN RIGHT, ROCK, RECOVER**

1&2      Step right to right, step left beside right, step right to right  
3-4      Rock back on left, recover on right  
5&6      Make ½ shuffle turn right stepping left, right, left  
7-8      Rock back on right, recover on left

## **HEEL HOOK, SHUFFLE, STEP ½ PIVOT, HOOK, SHUFFLE**

1-2      Touch right heel forward, hook right, over left leg  
3&4      Step forward on right, step left by right, step forward on right  
5-6&      Step forward on left, ½ pivot right, hook right over left leg  
7&8      Step forward on right, step left by right, step forward on right

## **ROCK FORWARD, ROCK BACK, ROCK FORWARD, ½ SHUFFLE TURN**

1-2      Rock forward on left, recover on right  
3-4      Rock back on left, recover on right  
5-6      Rock forward on left, recover on right  
7&8      Make ½ shuffle turn to left stepping left, right, left

**REPEAT**

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