

The Way

拍數: 48 牆數: 4 級數: Intermediate nightclub
編舞者: Mike Sliter (USA)
音樂: The Way - Clay Aiken



SAILOR STEPS, ½ TURN, FORWARD COASTER

1&2 Step left behind right, step right to the right side, step left to left side
3&4 Step right behind left, step left to the left side, step right to the right side
5&6 Step back on left into ½ turn to the left, cross right over left, step left to the side
7&8 Step forward on right, step left next to right, step back on right

BACK LOCK STEP, FULL TURN RIGHT, FORWARD LOCK STEP, FORWARD, SLIDE

1&2 Step back on left, cross right over left, step back on left
3&4 Full turn to the right (stepping right-left-right)
5&6 Step forward on left, lock right behind left, step forward on left
7-8 Step forward on right, slide left and touch next to right (weight stays on right)

ROCK STEP, HIP BUMPS, ROCK STEP, ¼ TURN CROSS AND CROSS

1-2 Rock forward on left, recover back onto right
3&4 Step back on left while bumping hips back, forward, back
5-6 Rock back on right, recover forward onto left
7&8 Step right across left while making ¼ turn right, step left to left side, cross right over left

SIDE STEP, SLIDE, SHUFFLE WITH ¼ TURN, ¼ PIVOT, CROSS AND CROSS

1-2 Step left to left side, slide right next to left
3&4 Step left to left side while making ¼ turn left, step right next to left, step left forward
5-6 Step right forward, pivot ¼ turn left (weight ends on left)
7&8 Step right across left, step left to left side, cross right over left

ROCK WITH ¼ TURN, LEFT SHUFFLE, ROCK, SIDE SHUFFLE WITH ¼ TURN

1-2 Rock left to left side, recover onto right while making ¼ turn right
3&4 Shuffle forward (left-right-left)
5-6 Rock forward on right, recover back onto left
7&8 Step right ¼ turn right and do a side shuffle (right-left-right)

"CRUISIN" MOVE (OR FIGURE OF 8 IF YOU'RE FROM SCOTLAND)

1-2 Cross left over right, step right into ¼ right
3-4 Step forward on left, pivot ½ turn right
5-6 Step left forward while making ¼ turn right, step right behind left
7-8 Rock left to left side, recover back onto right

REPEAT

TAG

After completing the 1st and 3rd walls there are two extra little beats. Repeat counts 47-48

ENDING

To end on the front wall, after completing section f on the last wall do the following:

1-2 Step left behind right, step right into ¼ turn right (now facing 12:00 wall)
3-4 Step forward on left, touch right behind left and pose