

Explain The Way

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Michael Vera-Lobos (AUS)
音樂: Only Know That I Do - Adam Gregory



ROCK BACK, ROCK FORWARD, STEP FORWARD, ¼ TWIST, TWIST LEFT, TWIST RIGHT TURNING ¼ LEFT, STEP FORWARD, ½ PIVOT

1-2-3-4 Rock back right, rock forward on left, step forward right, pivot ¼ left (end weight even) (9:00)
5-6-7-8 Twist heels left, twist heels right turning ¼ left (end weight left), step forward right, pivot ½ left (12:00)

ROCK FORWARD, ROCK BACK, COASTER CROSS, SIDE ROCK, ¼ ROCK RIGHT, ¼ RIGHT, ½ RIGHT

1-2-3&4 Rock forward right, rock back on left, step back right & step left beside right, cross right over left (12:00)
5-6-7-8 Rock left to left side, rock weight center on right turning ¼ right, turn a further ¼ right stepping on left, turn a further ½ right stepping onto right (12:00)

CROSS, STEP SIDE, SAILOR ¼ TURN, ¼ STEP, SAILOR ¼ TURN, ¼ STEP

1-2-3&4 Cross step left over right, step right to right, sailor left turning ¼ left (9:00)
5-6&7-8 Turn a further ¼ left stepping onto right, sailor left turning ¼ left, turn a further ¼ left stepping onto right (12:00)

BEHIND, SIDE, CROSS, SIDE ROCK, ¼ ROCK, ½ TURN, FULL TURN, SHUFFLE FORWARD

1&2-3-4 Travel right - cross left behind right & step right to right, cross left over right, rock right to right, turning ¼ right rock weight onto left (3:00)
5-6-7&8 Turn ½ right stepping onto right, traveling forward turn a full turn over right stepping onto left, shuffle forward right (9:00)

ROCK FORWARD, ROCK BACK, ½ TURN, FULL TURN, SHUFFLE FORWARD, ROCK FORWARD, ROCK BACK

1-2-3-4 Rock forward left, rock back on right, turn ½ left stepping onto left, traveling forward turn a full turn over left stepping onto right
5&6-7-8 Shuffle forward left stepping left, right, left, rock forward right, rock back on left (3:00)

CROSS BEHIND, SWEEP SIDE, BEHIND, ¼, SIDE, SAILOR STEP, TOUCH BEHIND, FULL UNWIND

1-2-3&4 Cross right behind left, sweep left to left side, cross step left behind right & turn ¼ right stepping onto right, step left to left side (6:00)

On wall 2 restart will happen on count 44 - start again facing front wall

5&6-7-8 Cross right behind left & rock left to left, rock weight center on right, touch left behind right, unwind full turn left (weight left)

STEP SIDE, BEHIND & CROSS ROCK, REPLACE, FULL TURN LEFT, SIDE SHUFFLE LEFT

1-2&3-4 Travel right - step right to right, cross left behind right, step right to right & cross rock left over right, rock back on right (6:00)
5-6-7&8 Travel left - turn a full turn left stepping left then right, side shuffle left stepping left, right, left

CROSS ROCK, REPLACE, SIDE SHUFFLE, FULL TURN RIGHT, CROSS, TOUCH SIDE

1-2-3&4 Cross rock right over left, rock back on left, side shuffle right stepping right, left, right
5-6-7-8 Travel right - turn a full turn right stepping left then right, cross step left over right, touch right toe to right side

REPEAT

RESTART

On wall 2 dance first 44 counts. Then start again facing the front wall

FINISH

Dance will finish facing front wall on count 48
