

On The Way

拍數: 78 牆數: 2 級數: Intermediate Waltz (112 bpm)
編舞者: Niels Poulsen (DK) - April 2008
音樂: Love Is On The Way - Billy Porter : (Album: The First Wives Club, Soundtrack)



Intro: 48 counts, 29 seconds into track

(1 – 6) Rock fw L, back L, cross R over L, unwind ½ L over 2 counts

1 – 3 Rock fw on L, recover R, step back on L 12:00
4 – 6 Cross R over L, unwind ½ L over 2 counts (transfer weight to L foot) 6:00

(7 – 12) R twinkle, cross L over R, slow kick R

1 – 3 Cross R over L, step L diagonally fw L, step R diagonally fw R 7:30
4 – 6 Step L diagonally fw R, Kick R foot slowly fw over 2 counts 7:30

(13 – 18) Back R, point L back slowly, ½ L, sweep ¼ L

1 – 3 Step back on R, point L foot back slowly over 2 counts 7:30
4 – 6 Make ½ L stepping onto L, make slow ¼ L on L sweeping R foot in front of L 10:30

(19 – 24) Weave, step, drag, ronde (in the air)

1 – 3 Cross R over L, step L to L side, cross R behind L 12:00
4 – 6 Step L big step to L side, drag R towards L, start making a ronde in the air with R leg lifted off the floor moving it clockwise in front of L foot and towards R side and back 12:00

(25 – 30) Cross behind, full unwind R, turn ¼ R, step ½ turn R

1 – 3 Cross R behind L, unwind full turn R on R over 2 counts changing weight to L foot. Tag: On Wall 5 add a 3 count tag after count 27 (see header above) 12:00
4 – 6 Turn ¼ R stepping fw on R, step fw on L, turn ½ R putting weight on R foot 9:00

(31 – 36) Cross rock side, cross rock with slow sweep

1 – 3 Cross L over R, recover weight to R, step L to L side 9:00
4 – 6 Cross R over L, recover weight to L sweeping R to R side, sweep R behind L 9:00

(37 – 42) Behind side cross, Big step L, drag together

1 – 3 Cross R behind L, step L to L side, cross R over L 9:00
4 – 6 Step L a big step to L side, drag R close to L over 2 counts 9:00

(43 – 48) ¼ R, step fw L, ½ R on L, back R, diagonal back rock L

1 – 3 Turn ¼ R stepping fw on R, step fw on L, turn ½ R on the spot on L foot 6:00
4 – 6 Step back on R, rock L diagonally backwards (towards 1:30), recover R 7:30

(49 – 54) Cross rock side, cross rock together

1 – 3 Cross L over R, recover weight to R, step L to L side 6:00
4 – 6 Cross R over L, recover weight to L, bring R next to L 6:00

(55 – 60) Fw L, fw R, full spiral turn L, rock fw L, step back L

1 – 3 Step fw on L, step fw on R, make full spiral turn L on R foot 6:00
4 – 6 Rock onto L foot, recover weight back to R, step back on L 6:00

(61 – 66) Basic back R, step ¼ turn step

1 – 3 Step back on R, bring L next to R, change weight to R 6:00
4 – 6 Step fw on L, step fw on R, turn ¼ L stepping onto L 3:00

(67 – 72) Cross, L chasse, cross rock, ¼ R fw

1, 2&3 Cross R over L, step L to L side, bring R next to L, step L to L side 3:00

4 – 6 Cross R over L, recover L, turn ¼ R stepping R fw and slightly to R side 6:00

Restart here during wall 2 (facing 12:00)

(73 – 78) L twinkle, R twinkle

1 – 3 Cross L over R, step R diagonally fw R, step L diagonally fw L 6:00

4 – 6 Cross R over L, step L diagonally fw L, step R diagonally fw R 6:00

Begin Again!

Ending On Wall 5: leave out the 2 twinkles (counts 73-78) and restart the dance. Try to make the first 15 counts of the dance match the slowing down of the music... ... 12:00

RESTART: 1 easy restart: On wall 2, after count 72, facing 12:00

TAG: 1 easy tag: During Wall 5, after count 27 (facing 12:00), add this tag: (1) turn ¼ R stepping fw on R, (2) step fw L, (3) step fw R. Then change counts 28-30 into a slow step turn: stepping fw on L, turn ½ R over 2 counts (weight R). Continue with count 31
