

Know The Way

拍數: 32 牆數: 4 級數: Improver Latin Cha Cha
編舞者: John Ng (SG) - August 2008
音樂: The Way - Circle : (Album: Latin Illusions 5)



Intro: 64 counts from start of track
(Feel free to use Cuban hips for styling)

STEP, FORWARD MAMBO, L COASTER, STEP, ½ R, ¼ R CHASSE

1 Step forward on left
2&3 Rock forward on right, recover onto left, step back on right
4&5 Step back on left, close right beside left, step forward on left
6-7 Step forward on right, ½ turn right step back on left
8&1 ¼ turn right step right to right, close left beside right, step right to right

CROSS ROCK SIDE, CROSS SHUFFLE, SIDE CLOSE, L CHASSE

2&3 Cross rock left over right, recover onto right, step left to left
4&5 Cross right over left, step left to left, cross right over left
6-7 Step left to left, close right beside left
8&1 Step left to left, close right beside left, step left to left

BACK ROCK, DIAGONAL KICK STEP TOUCH, DIAGONAL KICK STEP TOUCH, HEEL TWIST LEFT WITH ½ TURN RIGHT

2-3 Rock right behind left, recover onto left
4&5 Kick right to right diagonal, step right to right, touch left behind right
6&7 Kick left to left diagonal, step left to left, touch right behind left
8&1 Twist heels left, twist heels right, twist heels left making ½ right (weight on left)

BACK ROCK, STEP, ½ R, STEP, PUSH AND RELAX, FORWARD SHUFFLE

2-3 Rock back on right, recover onto left
4&5 Step forward on right, ½ turn right step back on left, step back on right (note: left toe should be pointing forward)
6-7 Keeping weight on right, push left hip forward and then bring hips back to center
8& Step forward on left, lock right behind left

REPEAT

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After wall 4, facing 12 o'clock, do the following 4 counts.

1 Step forward on left
2&3 Rock forward on right, recover onto left, step back on right
4& Step back on left, close right beside left

ENDING

After wall 8, facing 12 o'clock, you will end the dance with the first 5 counts of the dance.

1 Step forward on left
2&3 Rock forward on right, recover onto left, step back on right
4&5 Step back on left, close right beside left, step forward on left