

The Way You Are

拍數: 64 牆數: 4 級數: High Intermediate
編舞者: Olivia - March 2011
音樂: Just the Way You Are - Bruno Mars



Intro: 32 counts in

Sec 1: Kick Ball Change , Mash Potatoes , Coaster $\frac{1}{4}$ R , Forward Shuffle

1&2 Kick right foot forward , step right foot in place , step left foot in place
&3 Swivel both heels out , swivel both heels in as right heel is slightly behind left heel
&4 Swivel both heels out , swivel both heels in as left heel is slightly behind right heel
5&6 Turn $\frac{1}{4}$ right stepping right foot back , step left foot together with right foot , step right foot forward
7&8 Step left foot forward , step right foot next to left foot , step left foot forward

Sec 2: Progressive Cha Cha Step , Forward Shuffle , Pivot $\frac{1}{2}$ R Step

1&2 Cross right foot over left foot , turn $\frac{1}{8}$ right stepping left foot to left side, step back right foot
3&4 Cross left foot behind right foot , turn $\frac{1}{8}$ right stepping right foot to right side , step left foot forward
5&6 Step right foot forward , step left foot next to right foot , step right foot forward
7&8 Step left foot forward , turn $\frac{1}{2}$ right , step left foot forward

Sec 3: Cross Rock Side , Cross Rock And Recover , Chasse $\frac{1}{4}$ L , Pivot $\frac{1}{2}$ L

1-2& Cross rock right foot over left foot , recover weight on left foot , step right foot to right side
3-4 Cross rock left foot over right foot , recover weight on right foot
5&6 Step left foot to left side , step right foot beside left foot , turn $\frac{1}{4}$ left stepping right foot forward
7-8 Step right foot forward , turn $\frac{1}{2}$ left

Sec 4: Full Turn L , Forward Rock And Recover , Coaster Step , Forward Touch

1-2 Turn $\frac{1}{2}$ L stepping right foot back , turn another $\frac{1}{2}$ left stepping left foot forward
3-4 Rock right foot forward , recover weight on left foot
5&6 Step back right foot , step left foot beside right foot , step right foot forward
7-8 Step left foot forward , touch right foot beside left foot

Sec 5: Kick Ball Touch Back , Hips Roll $\frac{1}{2}$ L , Coaster Step , Forward Rock And Recover

1&2 Kick right foot forward , step right foot in place , touch left toes back
3-4 Turn $\frac{1}{2}$ left by rolling hips anticlockwise (from left to right)
5&6 Step left foot back , step right foot beside left foot , step left foot forward
7-8 Rock right foot forward , recover weight on left foot

Sec 6: $\frac{1}{4}$ R , Side Chasse , Hinge $\frac{1}{2}$ R , Side Chasse , Cross Touch Ball Side Cross

1&2 Turn $\frac{1}{4}$ right stepping right foot to right side , step left foot beside right foot , step right foot to right side
3&4 Turn $\frac{1}{2}$ right stepping left foot to left side , step right foot beside left foot , step left foot to left side
5-6& Cross right foot over left foot , touch left toes behind right foot , step back left foot
7-8 Step right foot to right side , cross left foot over right foot

Sec 7: Side Touch , Dip , $\frac{1}{4}$ L , $\frac{1}{4}$ L , L Sailor Step , R Sailor Step

1-2 Step right foot to right side , dip / bend both knees while touching left foot beside right foot
3-4 Recover into standing position turning $\frac{1}{4}$ left while stepping left foot forward , turn $\frac{1}{4}$ left stepping right foot to right side
5&6 Cross left foot behind right foot , step right foot to right side , step left foot to left side

7&8 Cross right foot behind left foot , step left foot to left side , step right foot to right side

Sec 8: Behind , $\frac{1}{4}$ R , Rock Forward With Splitting Heels , Recover , Full Turn L , Coaster Step

1-2 Cross left foot behind right foot , turn $\frac{1}{4}$ right stepping right foot forward

3&4 Rock left foot forward , split both heels out , swivel both heels in

5-6 Turn $\frac{1}{2}$ left stepping left foot forward , turn another $\frac{1}{2}$ left stepping right foot back

7&8 Step left foot back , step right foot beside left foot , step left foot forward
