

It's Just The Way It Is

拍數: 80 牆數: 2 級數: Intermediate
編舞者: Wil Bos (NL) - April 2014
音樂: It's Like That - RUN-DMC vs. Jason Nevins



Intro 16 counts

Cross, Side, Behind, Point (x2)

1-4 LF cross over, RF step side, LF cross behind, RF point diag. right back [10.30]
5-8 RF cross over, LF step side, RF cross behind, LF point diag. left back [1.30]

Point Fwd & Back, Pivot ½ L, Fwd, Point Fwd & Back, Pivot ½ L, ⅛ L Side

1-4 LF point forward [1.30], LF point back, L+R ½ turn left [7.30], RF step forward
5-8 LF point forward, LF point back, L+R ½ turn left [1.30], RF ⅛ turn left and step side [12]

Behind, Side, Cross Shuffle, Monterey ½ R, Point, Together

1-2 LF cross behind, RF step side
3&4 LF cross over, RF step side, LF cross over
5-8 RF point side, RF ½ turn right and step beside, LF point side, LF together [6]

Side Rock Recover, Sailor ¼ R, Rock Fwd Recover, Coaster Cross

1-2 RF rock side, LF recover
3&4 RF ¼ turn right and cross behind, LF step beside, RF small step forward
5-6 LF rock forward, RF recover
7&8 LF step back, RF close, LF cross over [9]

Side, Hold, Together, Side Rock Recover, Cross, ¼ R x2, Cross

1-2& RF step side, hold, LF together
3-4 RF rock side, LF recover
5-8 RF cross over, LF ¼ turn right and step back, RF ¼ turn right and step side, LF cross over [3]

Side, Hold, Together, Side Rock Recover, Jazz Box ¼ R Step Fwd

1-2& RF step side, hold, LF together
3-4 RF rock side, LF recover
5-8 RF cross over, LF ¼ turn right and step back, RF step side, LF step forward [6]

Fwd, Hold, Together, Fwd x2, Shuffle Fwd, Pivot ⅜ R

1-2&3-4 RF step forward, hold, LF together, RF step forward, LF step forward
5&6-8 RF step forward, LF together, RF step forward, LF step forward, L+R ⅜ turn right [10.30]

Shuffle Fwd, ½ L, ¼ L, Shuffle Fwd, Pivot ½ R

1&2 LF step forward, RF together, LF step forward [10.30]
3-4 RF ½ turn left and step back, LF ¼ turn left and step forward [1.30]
5&6-8 RF step forward, LF together, RF step forward, LF step forward, L+R ½ turn right [7.30]

Fwd, Hold, Together, Fwd, Toe & Heel Switches

1-2&3-4 LF step forward, hold, RF together, LF step forward, RF step forward
5&6 LF point side, LF together, RF point side
&7&8 RF together, LF dig heel forward, LF together, RF dig heel forward [7.30]

Together, Rock Fwd Recover, ⅛ R Coaster, Walk ⅛ x2, Shuffle ½ R

&1-2 RF together, LF rock forward, RF recover
3&4 LF ⅛ turn right and step back [9], RF close, LF step forward

5-6 RF 1/8 turn right and step forward, LF 1/8 turn right and step forward
7&8 RF 1/4 turn right and step forward, LF together, RF 1/4 turn right and step forward [6]

Start again

Tag/Restart: Dance the 5th wall up to and including count 63 (count 7 of the 8th section), add:

8 L+R □ 3/8 turn right

and start again [6]

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