# One My Way



Count: 32 Wall: 4 Level: Beginner

Choreographer: Marie Louw (SA) - September 2022

Music: Send Me On My Way - Rusted Root

Intro: 32 counts start on vocals

#### CROSS ROCK, SIDE ROCK, BACK ROCK, SHUFFLE FORWARD

1-4 Cross R over L, recover on L, Rock to R side, recover on L

5-6 Rock back on R, recover on L

7&8 Step R forward, L next to R, step R forward

## $\slash\hspace{-0.6em}$ PIVOT RIGHT, SHUFFLE FORWARD, TOUCH R TO R SIDE,SWIVEL BALL OF FOOT AND KNEE IN AND OUT, FLICK R

1-2 Step forward on L ½ pivot to R

3&4 Step L forward, R next to L, step L forward

5-8 Touch R ball of R to R side , swivel R foot and knee in and out, flick R up

#### LEFT SIDE BEHIND SIDE, CROSS HEEL, RIGHT SIDE BEHIND SIDE 1/4 TURN RIGHT, RIGHT FLICK

1-4 Step R behind left, step L to left side, step R across L, touch L heel to left side

5-8 Step L behind R, step R to R side, ¼ turn R, step L to L side, Hitch R

## STEP TOUCH TO RIGHT AND LEFT SIDE, CROSS RIGHT OVER LEFT, STEP LEFT BACK, ROCK RECOVER TO RIGHT SIDE

1-4 Step R to R side, touch L next to Right, step L to left side touch R next to L

5-6 Cross R over L, step back on L7-8 Rock to R side, recover on L

#### **REPEAT**

Last Update: 24 Sep 2022