This Way Please!

级数: Intermediate

编舞者: Joseph Yip (SG)

拍数: 32

音乐: Don't Leave Me This Way - Thelma Houston

墙数: 2



Start after approximately 20 seconds into music, this is when the beat sets in with her doing aaaah! Specially written for dancers from the Grassroots Club

1/4 RIGHT, PIVOT 1/2 RIGHT, CHASSE 1/4 RIGHT, SAILOR, SAILOR 1/4 LEFT

- 1-2-3 Step ¼ right on right, left forward, pivot ½ turn right
- 4&5 Step ¼ left to left, right next to left, left to left
- 6&7 Right behind left, left to left, step right in place
- 8&1 Step left behind right turning 1/8 left, right to right turning 1/8 left, step left forward

SWAY RIGHT, LEFT, SIDE, TOGETHER, BACK, ¼ LEFT CHASSE, ½ LEFT MILITARY TURN

- 2-3 Right to right swaying right, left to left swaying left
- 4&5 Right to right, left next to right, step right back
- 6&7 Left to left, right together left, left forward turning ¼ left
- 8&1 Right forward turning ¹/₂ left, left next to right, right forward

WALK LEFT, RIGHT, ROCK, STEP, BACK, WALK RIGHT, LEFT, MAMBO 1/2 RIGHT

- 2-3 Step left forward, right forward
- 4&5 Rock forward on left, right in place, left back
- 6-7 Step back on right, left back
- 8&1 Rock right on right, rock onto left turning ½ right, step right next to left

1/4 LEFT CHASSE, ROCK/TAP STEP, 1/4 RIGHT, CHASSE, STEP

- 2&3 Left to left, right together left, left forward turning ¼ left
- 4&5 Right foot rock forward, tap toe of left foot behind right foot with calves crossed, recover weight to left foot turning ¼ right
- 6&7-8 Right to right, left next to right, right to right, left forward (starting a pivot!)

REPEAT