

# The Only Way

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: Maureen Jones (UK) & Michelle Jones (UK)  
音樂: I Still Believe - Lionel Richie



## SIDE, BEHIND, SYNCOPATED WEAVE, TAP, SIDE, TAPS, POINT, KNEE POP, ¼ TURN, KICK

- 1-2            Step right to right, step left behind right  
&3&4        Step right to right, step left across right, step right to right, tap left beside right  
&5&6        Step left to left, tap right beside left, tap right slightly further right, touch right slightly further right  
7&8        Twist right knee towards left, keeping right toe in position make ¼ turn right, kick right forward

## MODIFIED COASTER, SHUFFLE, TRIPLE FULL TURN, SAILOR ¼ TURN

- &9-10       Step right back, step left beside right, step right forward  
11&12      Shuffle forward stepping left, right, left  
13&14      Triple step full turn left stepping right, left, right and traveling forward

### Option of forward shuffle on counts 13&14

- 15&16       Make ¼ turn left and step left behind right, step right to right, step left to left

## ROCK, ¼ TURN, ROCK, ¼ TURN, FORWARD MAMBO, HIP BUMPS, KICK-SIDE-TOUCH

- 17&18&      Rock right forward, recover back onto left, make ¼ turn right and rock right forward, recover back onto left  
19&20      Make ¼ turn right and rock right forward, recover back onto left, step right beside left  
21&22&      Step left slightly forward and bump hips left, right, left, right  
23&24      Kick left forward, step left to left, touch right beside left

## FORWARD MAMBO, ROCKS, KICK, SHUFFLE, STEP, ½ PIVOT, STEP

- 25&26      Rock right forward, recover back onto left, step right beside left  
27&28&      Rock left back, recover forward onto right, rock left back, kick right forward  
29&30      Shuffle forward stepping right, left, right  
31&32      Step left forward, pivot ½ turn right, step left forward

## EXTENDED SHUFFLE, STEP-¼ TURN-SIDE, CROSS SHUFFLE, COASTER ½ TURN

- 33&34&      Step right forward, step left beside right, step right forward, step left beside right  
35&36      Step right forward, step left forward, make ¼ turn right and step right to right  
37&38      Step left across right, step right beside left, step left across right  
39&40      Step right to right, make ¼ turn left and step left beside right, make ¼ turn left and step right forward

## SHUFFLE, ROCK, ½ TURN, ¼ TURN-SIDE, CROSS, SCISSOR STEP

- 41&42      Shuffle forward stepping left, right, left  
43&44      Rock right forward, recover back onto left, make ½ turn right and step right forward  
45-46      Make ¼ turn right and step left to left, step right across left  
47&48      Step left to left, step right beside left, step left across right

## REPEAT