Know The Way



拍數: 32 編數: Improver Latin Cha Cha

編舞者: John Ng (SG) - August 2008

音樂: The Way - Circle: (Album: Latin Illusions 5)



Intro: 64 counts from start of track (Feel free to use Cuban hips for styling)

STEP, FORWARD MAMBO, L COASTER, STEP, ½ R, ¼ R CHASSE

1 Step forward on left

2&3 Rock forward on right, recover onto left, step back on right
4&5 Step back on left, close right beside left, step forward on left

6-7 Step forward on right, ½ turn right step back on left

8&1 1/4 turn right step right to right, close left beside right, step right to right

CROSS ROCK SIDE, CROSS SHUFFLE, SIDE CLOSE, L CHASSE

Cross rock left over right, recover onto right, step left to left
 Cross right over left, step left to left, cross right over left

6-7 Step left to left, close right beside left

Step left to left, close right beside left, step left to left

BACK ROCK, DIAGONAL KICK STEP TOUCH, DIAGONAL KICK STEP TOUCH, HEEL TWIST LEFT WITH 1/2 TURN RIGHT

2-3 Rock right behind left, recover onto left

Kick right to right diagonal, step right to right, touch left behind right Kick left to left diagonal, step left to left, touch right behind left

Twist heels left, twist heels right, twist heels left making ½ right (weight on left)

BACK ROCK, STEP, ½ R, STEP, PUSH AND RELAX, FORWARD SHUFFLE

2-3 Rock back on right, recover onto left

Step forward on right, ½ turn right step back on left, step back on right (note: left toe should

be pointing forward)

6-7 Keeping weight on right, push left hip forward and then bring hips back to center

8& Step forward on left, lock right behind left

REPEAT

TAG

After wall 4, facing 12 o'clock, do the following 4 counts.

1 Step forward on left

2&3 Rock forward on right, recover onto left, step back on right

4& Step back on left, close right beside left

ENDING

After wall 8, facing 12 o'clock, you will end the dance with the first 5 counts of the dance.

1 Step forward on left

2&3 Rock forward on right, recover onto left, step back on right
4&5 Step back on left, close right beside left, step forward on left