# Happy Sway

拍數: 64

級數: High Beginner

編舞者: Adrian Helliker (FR) - May 2013

音樂: My Way - Dave Sheriff

Intro: 64 Counts, approx 29 Seconds Into The Track - No Tags No Restarts

#### [1-8] RUMBA BOX WITH HOLD, SWAY X4

- 1-2 Step right to right side, left beside right taking weight on left
- 3-4 Step right forward, hold
- 5-6 Step left to left side & sway, sway right
- 7-8 Sway left, sway right (12:00)

## Option: 5-6-7-8 Sway your hands right, left, right, left at the same time as the sways

#### [9-16] RUMBA BOX WITH HOLD, SWAY X4

- 1-2 Step left to left side, right beside left taking weight on right
- 3-4 Step left forward, hold
- 5-6 Step right to right side & sway, sway left
- 7-8 Sway right, sway left (12:00)

## Option: 5-6-7-8 Sway your hands left, right, left, right at the same time as the sways

## [17-24] SIDE, TOGETHER, ¼ TURN RIGHT, HOLD, ROCK STEP, MAMBO STEP WITH HOLD

- 1-2 Step right to right side, left beside right taking weight on left
- 3-4 Step right to right side make <sup>1</sup>/<sub>4</sub> turn to right stepping right forward, hold (3:00)
- 5-6 Rock left forward, recover on right
- 7-8 Step left back, hold (3:00)

## [25-32] SWAY X4, JAZZBOX WITH ¼ TURN & CROSS

- 1-2 Step right to right side & sway, sway left
- 3-4 Sway right, sway left (3:00)

## Option: 5-6-7-8 Sway your hands right, left, right, left at the same time as the sways

- 5-6 Right cross in front of left, left back
- 7-8 Right to right side with ¼ turn right, cross left in front of right (6:00)

## [33-40] SIDE MAMBO FORWARD HOLD X2

- 1-2 Rock right to right side, recover onto left
- 3-4 Step right forward, hold
- 5-6 Rock left to left side, recover onto right
- 7-8 Step left forward, hold

#### [41-48] ROCK, RECOVER, ½ TURN FORWARD, ¼ TURN SCISSOR CROSS

- 1-2 Rock forward on right, recover onto left
- 3-4 Make a <sup>1</sup>/<sub>2</sub> turn right stepping forward on right, hold (12:00)
- 5-6 Make a ¼ turn right stepping left to left side, step right beside left (3:00)
- 7-8 Cross left over right, hold

## [49-56] SIDE, TOGETHER, ¼ TURN RIGHT, HOLD, ROCK STEP, MAMBO STEP WITH HOLD

- 1-2 Step right to right side, left beside right taking weight on left
- 3-4 Step right to right side make <sup>1</sup>/<sub>4</sub> turn to right stepping right forward, hold (6:00)
- 5-6 Rock left forward, recover on right
- 7-8 Step left back, hold (6:00)

#### [57-64] SWAY X4, ROCKING CHAIR



**牆數:**2

1-2 Step right to right side & sway, sway left

3-4 Sway right, sway left (6:00)

# Option: 5-6-7-8 Sway your hands right, left, right, left at the same time as the sways

- 5-6 Rock right forward, recover on left
- 7-8 Rock right back, recover on left (6:00)

Contact: adrianhelliker@alicaedsl.fr