

DANCE OUR WAY

Recommended Music: **The Old Fashioned Way** — Helen Reddy — Album: Long Hard Climb

Music Info: Speed: 144bpm, Length: 3:00mins, Count In: 1 Beat, Genre: Classic Pop

Choreographer: Peter & Liz Heath, Adelaide, South Australia, 17th March 2006

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Dance Info: Walls: 2, Level: 5/10, Rhythm: Standard, Next Wall: Back

Starting position: Feet Together, Right Foot Ready

Nett amount of turn per sequence: 1/2 Left Turn

Length of sequence: 64 Beats

Other Names: Ding

Music	Beats	Steps	Version: 1.03
		Side, Kick Across, Twice; Vine Front, Touch	
1–2	1,2	Step Right Foot to Right, Kick Left Foot Across in Front of Right Foot	
3–4	1,2	Step Left Foot to Left, Kick Right Foot Across in Front of Left Foot	
5–8	1–4	Step Right Foot to Right, Cross Left Foot in Front of Right Foot, Step Right Foot to Right, Touch Left Foot to Right Foot	
		Side, Kick Across, Twice; Vine Front, Touch	
9–10	1,2	Repeat Beats 3–4	
11–12	1,2	Repeat Beats 1–2	
13–16	1–4	Step Left Foot to Left, Cross Right Foot in Front of Left Foot, Step Left Foot to Left, Touch Right Foot to Left Foot	
		Slow Scissor; Twice; Vine 4 ***; Turn ¼ Left & Back, Draw 3	
17–20	1–4	Step Right Foot to Right, Close Left Foot to Right Foot, Cross Right Foot in Front of Left Foot, Hold	
21–24	1–4	Step Left Foot to Left, Close Right Foot to Left Foot, Cross Left Foot in Front of Right Foot, Hold	
25–28	1–4	Step Right Foot to Right, Cross Left Foot Behind Right Foot, Step Right Foot to Right, Cross Left Foot in Front of Right Foot	
29–32	1–4	Turning ¼ Left Step Right Foot Back, Draw Left Foot to Right Foot Over 3 Beats	
		Turn 1/8 Left & Foxtrot Diamond Turn	
33–36	1–4	Turning 1/8 Left Step Left Foot Forward {on the Diagonal}, Hold, Turning a Further 1/8 Left to Face Wall Step Right Foot to Right, Step Left Foot Diagonal Back and Right Turning 1/8 Left	
37–40	1–4	Step Right Foot Back {on the Same Diagonal}, Hold, Turning 1/8 Left to Face Wall Step Left Foot to Left, Cross Right Foot Diagonal Forward and Left Turning 1/8 Left	
41–44	1–4	Step Left Foot Forward {on the Same Diagonal}, Hold, Turning a Further 1/8 Left to Face Wall Step Right Foot to Right, Step Left Foot Diagonal Back and Right Turning 1/8 Left	
45–48	1–4	Repeat Beats 37–40	
Note:		<i>(This will Finish Facing 1/8 Left of Original Direction)</i>	
		1/8 Left Turning Foxtrot; Slow Coaster 2	
49–52	1–4	Step Left Foot Forward {on the Same Diagonal}, Hold, Turning 1/8 Left Step Right Foot to Right, Close Left Foot to Right Foot	
53–56	1–4	Step Right Foot Back, Hold, Close Left Foot to Right Foot, Hold	
		Forward Coaster 4; Side & Slow Hipbump 2	
57–60	1–4	Step Right Foot Forward, Close Left Foot to Right Foot, Step Right Foot Back, Close Left Foot to Right Foot	
61–64	1–4	Step Right Foot to Right So Feet Are Apart and Bump Hips Right, Hold, Bump Hips Left, Hold	
	REPEAT	Do the Ending After Beat 28 *** of the 7 th Sequence	
ENDING		Side, Draw 3	
29'–32'	1–4	Step Right Foot to Right, Draw Left Foot to Right Foot Over 3 Beats	