

# THIS WAY

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**Count:** —                      **Wall:** 4                      **Level:** intermediate

**Choreographer:** Robin & Jan Madeley

**Music:** Show Me The Way by The Bunch

**Sequence:**AABCB, AABC, AAA, BCC, BCC. on the 2nd repetition of C, counts 1 through 16 of C are repeated

## PART A

### SIDE, BEHIND, QUARTER, HALF, BACK, FORWARD, HITCH... AND CROSS

- 1-2                      Step right foot to right side, step left foot behind right
- 3-4                      Step right foot to right side making  $\frac{1}{4}$  turn right; making a further  $\frac{1}{2}$  turn to right stepping back on left.
- 5-6                      Rock back on right, rock forward onto left
- 7&8                      Hitch right knee slightly across left leg, step right slightly to right side, step left in front/across right

**Step '7&8' is a very gentle "hitch... & cross" in time to the beat of the music.**

### "DRUNKEN SAILOR" WEAVE TRAVELING FORWARD; SIDE, STEP, BEHIND, SIDE, STEP, BEHIND, SIDE STEP

- 9                        Step right (slightly) to right side
- 10                      Step forward on left
- 11                      Step right foot behind left, angling upper body to right
- 12                      Step left foot to left side
- 13                      Step right foot forward
- 14                      Step left foot behind right, angling upper body to left
- 15                      Step right to right side
- 16                      Step forward on left

### ROCK (RIGHT)FORWARD, (LEFT)BACK, (RIGHT)SHUFFLE BACK, FULL TURN, (LEFT)SHUFFLE FORWARD

- 17-18                      Rock forward on right; rock back on left

- 19&20** Right shuffle back (right, left, right)  
**21-22** Full turn left, traveling backwards (left, right)  
**23&24** Left shuffle forward (left, right, left)

**SKATE RIGHT, HOLD, CHASSE LEFT; REPEAT.**

- 25-26** Skate step forward on right diagonal, and hold  
**27&28** Skate-style chasse forward on left diagonal (left, right, left)  
**29-30-31&32** Repeat steps 25 through 28

**PART B**

**MONTEREY ½ TURN, ¼ TURN, MONTEREY ¼ TURN, CROSS**

- 1** Point right toe to right side  
**2** Bring right toe in, making a half turn to right, transferring weight from left foot to right foot  
**3** Point left toe out to left side  
**4** Bring left foot in, turning ¼ left, stepping on left foot besides right foot  
**5** Point right toe to right side  
**6** Bring right toe in, making a quarter turn to right, transferring weight from left foot to right foot  
**7** Point toe left to left side  
**8** Step left across right

**& CROSS, POINT, CROSS, SIDE, KICK, ROCK, RECOVER, KICK**

- &9** Complete a cross-shuffle, closing right next to left (&), cross-stepping left over right (9)  
**10** Point right toe to right side  
**11-12** Cross-step right over left; step left to left side  
**13** Kick right diagonally to right  
**14-15** Rock back on right, recover on left  
**16** Kick diagonally forward on right

**PART C**

**FIGURE-EIGHT VINE TO RIGHT**

- 1-2-3 Step right to right side, step left behind, step right to right side making  $\frac{1}{4}$  turn right
- 4-5 Step forward (slightly across right) on left; pivot  $\frac{3}{4}$  turn to right
- 6-7-8 Step left to left side, step right behind, step left to left side making  $\frac{1}{4}$  turn left

### **STEP, HOLD, TURN, HOLD, HIP SWAYS DOWN AND UP (RIGHT, LEFT, RIGHT, LEFT)**

- 9-10 Step forward on right; hold
- 11-12 Make half turn to left keeping weight on right; hold

#### **Left toe will end up touching in front of right**

- 13-14 Moving body downwards (bending knees), sway hips right; then left
- 15-16 Moving body upwards (straightening knees), sway hips right; then left (transferring weight forward onto left foot)

### **FIGURE-EIGHT VINE TO RIGHT**

- 17-18-19 Step right to right side, step left behind, step right to right side making  $\frac{1}{4}$  turn right
- 20-21 Step forward (slightly across right) on left; pivot  $\frac{3}{4}$  turn to right
- 22-23-24 Step left to left side, step right behind, step left to left side making  $\frac{1}{4}$  turn left

### **SIDE, HOLD, & SIDE, HOLD, HITCH & CROSS**

- 25-26 Step right to right side; hold
- &27-28 Close left next to right (&); step right to right side (keeping weight on both feet) (27); hold (28)
- 29&30 Hitch right knee in front of left leg; make a small step to right side on right; step left slightly across right
- 31&32 Hitch right knee in front of left leg; make a small step to right side on right; step left slightly across right

**When you finish the dance, the "hitch & crosses" are done in time with the guitar, and, if you want, are followed by a step to the right, pointing/dragging left toe and posing with arms!**