

# That's The Only Way

LINEDANCE.COM

**Count:** 64      **Wall:** 2      **Level:** Intermediate

**Choreographer:** Rhoda Lai - Ria Vos - Niels Poulsen - July 2015

**Music:** If That's The Only Way by Carina Dahl. [3.12 mins. iTunes]

**Intro: 16 counts from the beginning of the music (app. 8 secs. into track). Weight on L foot**

**Restart: Happens on wall 5 (starts at 12:00), after 16 counts. Your restart also happens at 12:00**

**Note: This dance was choreographed at Judy Chen's event 'WOW Taipei 2015' in Taiwan**

**[1 - 9] Big step back R, drag, ball step fwd R, walk fwd L, monterey  $\frac{1}{4}$  R, behind side cross**

- 1 - 2      Step a big step back on R (1), drag L next to R (2) 12:00
- &3 - 4      Rock quickly back on ball of L (&), recover fwd to R (3), walk fwd on L (4) 12:00
- 5 - 7      Point R to R side (5), turn  $\frac{1}{4}$  R stepping R next to L (6), point L to L side (7) 3:00
- 8&1      Cross L behind R (8), step R to R side (&), cross L over R (1) 3:00

**[10 - 16] Hold, ball cross,  $\frac{1}{4}$  L hitch, R cross, Hold, L ball side rock, L cross**

- 2 - &3      Hold (2), step R a small step to R side (&), cross L over R (3) 3:00
- 4 - 6      Turn  $\frac{1}{4}$  L on L hitching R knee (4), cross R over L (5), Hold (6) 12:00
- &7 - 8      Rock L to L side (&), recover on R (7), cross L over R (8) ... \* Restart here on wall 5 12:00

**[17 - 24] Stomp, Hold, behind side cross into R diagonal, R rock fwd, R back lock step**

- 1 - 2      Stomp R to R side (1), Hold (2) 12:00
- &3 - 4      Cross L behind R (&), step R to R side (&), turn  $\frac{1}{8}$  R stepping fwd on L (4) 1:30
- 5 - 6      Rock fwd on R (5), recover back on L (6) 1:30
- 7&8      Step back on R (7), lock L over R (&), step back on R (8) 1:30

**[25 - 32]  $\frac{1}{2}$  L, Hold, syncopated step  $\frac{1}{2}$  L,  $\frac{1}{8}$  L sweep, syncopated R jazz box, walk fwd L & R**

- 1 - 2      Turn  $\frac{1}{2}$  L stepping fwd on L (1), Hold (2) 7:30

- &3 - 4** Step fwd on R (&), turn ½ L stepping onto L (3), turn 1/8 L on L sweeping R fwd (4) 12:00
- 5 - 6&** Cross R over L (5), step back on L (6), step R a small step to R side (&) 12:00
- 7 - 8** Step fwd on L (7), step fwd on R (8) 12:00

**[33 - 40] ½ L, hold, ball step, twist heels ¼ L, twist heels ¼ R, Hold, ¼ L ball cross, ¼ L back R**

- 1 - 2** Turn ½ L stepping onto L (1), Hold (2) 6:00
- &3 - 4** Step R next to L (&), step small step fwd on L (3), twist both heels ¼ L this way turning ¼ R and rocking onto R foot and looking towards 12 o'clock (4) 9:00
- 5 - 6** Twist both heels ¼ R this way turning ¼ L and recovering fwd on L (5), Hold (6) 6:00
- &7 - 8** Turn ¼ L stepping R to R side (&), cross L over R (7), turn ¼ L stepping back on R (8) 12:00

**[41 - 48] L back rock, shuffle ½ R X 2, ¼ R side L, touch R next to L**

- 1 - 2** Rock back on L (1), recover fwd to R (2) 12:00
- 3&4** Turn ¼ R stepping L to L side (3), step R next to L (&), turn ¼ R stepping back on L (4) 6:00
- 5&6** Turn ¼ R stepping R to R side (5), step L next to R (&), turn ¼ R stepping fwd on R (6) 12:00
- 7 - 8** Turn ¼ R stepping L to L side (7), touch R next to L (8) 3:00

**[49 - 56] Out R & L, Hold, ball cross, side R, L sailor ¼ L, rock R fwd**

- &1 - 2** Step R a small step out to R side (&), step L a small step out to L side (1), Hold (2) 3:00
- &3 - 4** Step R next to L (&), cross L over R (3), step R to R side (4) 3:00
- 5&6** Cross L behind R (5), turn ¼ L stepping R next to L (&), step fwd on L (6) 12:00
- 7 - 8** Rock fwd on R (7), recover back on L (8) 12:00

**[57 - 64] ¼ R point L, Hold, ball point R, ¼ R hitch, R coaster step, L rock fwd, back L**

- &1 - 2** Turn ¼ R stepping R to R side (&), point L to L side (1), Hold (2) 3:00
- &3 - 4** Step L next to R (&), point R to R side (3), turn ¼ R on L and hitch R knee (4) 6:00
- 5&6** Step back on R (5), step L next to R (&), step fwd on R (6) 6:00
- 7 - 8&** Rock fwd on L (7), recover back on R (8), step back on L (&) 6:00

**START AGAIN**

**Ending Do the first 33 counts of wall 7, starts at 6:00. You're now facing 12:00 ...**

**Contacts: Rhoda Lai (Rhoda\_eddie@yahoo.ca) - Ria Vos (dansenbijria@gmail.com) - Niels Poulsen (Niels@love-to-dance.dk)**

---

Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=106055](https://www.linedance.com/index.php?f=dance_view&id=106055)