

DANCE OUR WAY

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Count: 64

Wall: 2

Level: Beginner/Intermediate level

Choreographer: Peter & Liz Heath (Aus) Mar 07

Music: The Old Fashioned Way by Helen Reddy (Long Hard Climb) 144 bpm

Side, Cross Kick, Twice; Vine Front, Touch; Twice

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

9?12 (1?4) Repeat Beats 3?4, 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 $\frac{1}{4}$ 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 $\frac{1}{4}$ Left Step Right Foot Back, Draw Left Foot to Right Foot Over 3 Beats

Turn $\frac{1}{8}$ Left & Foxtrot Diamond Turn

33?36 (1?4) Turning $\frac{1}{8}$ Left Step Left Foot Forward on the Diagonal, Hold, Turning a Further $\frac{1}{8}$ Left to Face Wall Step Right Foot to Right, Step Left Foot Diagonal Back and Right Turning $\frac{1}{8}$ Left

37?40 (1?4) Step Right Foot Back on the Same Diagonal, Hold, Turning $\frac{1}{8}$ Left to Face Wall Step Left Foot to Left, Cross Right Foot Diagonal Forward and Left Turning $\frac{1}{8}$ 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 (This will Finish Facing 1/8 Left of Original Direction)

1/8 Left Turning Foxtrot; Slow Back Coaster 2

49?52 (1?4) Step Left Foot Diagonal 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 Bump 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 Substituting the Ending during the 7th Sequence

ENDING Side, Draw 3

29??32? (1?4) Step Right Foot to Right, Draw Left Foot to Right Foot Over 3 Beats

Choreographer?s Note: We tried to get the mixture of Ballroom and Showgirl styles of dance that the music inspires. It can also be danced as a facing couples dance without interference with singles. We hope you like it. EMail