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## Full Throttle Aka The Only Way I Know

32 Count, 2 Wall, Intermediate

Choreographer: Steve Lustgraaf (USA) Jan 2013

Choreographed to: The Only Way I Know by Jason Aldean  
(Feat. Luke Bryan And Eric Church)

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Intro: 32

### **SCISSORS STEP TWICE, BACK RIGHT TURN, CHASSE TURN**

- 1&2 Rock left side, recover to right, cross left over right
- 3&4 Rock right side, recover to left, cross right over left
- 5&6 Step left slightly back, turn ½ right and step right forward, step left forward (6:00)
- 7&8 Step right forward, turn ½ left (weight to left), step right forward (12:00)

### **WALK, WALK, COASTER STEP, STEP LOCK STEP, BACK, BACK, SIT**

- 1-2 Step left forward, step right forward
- 3&4 Left forward coaster step
- 5&6 Locking chassé back right-left-right
- 7&8 Step left back, step right back, hold (squat slightly keeping left touched in front of right)

### **RUN, RUN, RUN, ¼ TURN, ½ TURN, CROSS ROCK ¼ TURN, FULL TURN TRIPLE**

- 1&2 Step left forward, step right forward, step left forward
- 3-4 Turn ¼ left and step right side (9:00), turn ½ left and step left side (3:00)
- 5&6 Cross/rock right over left, recover to left, turn ¼ right and step right forward (6:00)
- 7&8 Turn ½ right and step left back, turn ½ right and step right forward, step left forward (6:00)

### **SYNCOPATED LOCK STEPS, MAMBO, COASTER STEP**

- 1&2 Locking chassé forward right-left-right
- & Step left forward
- 3&4 Lock right behind left, step left forward, step right forward
- 5&6 Rock left forward, recover to right, step left together
- 7&8 Right coaster step

**RESTART** Dance the first two walls, then dance to count 8 and start from the beginning

**ENDING** The dance ends on count 17. After the sit on 16, place weight on left and turn to the front