

## The Only Way I Know

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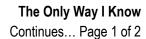
**HEEL RAISES** 

SEC<sub>1</sub>

32 Count 1 Wall Beginner Level Dance.
Choreographed by: Laura Rittenhouse (AUS) May 2022
Choreographed to: The Only Way I Know by Jason Aldean,
Luke Bryan & Eric Church
Intro: 32 Counts. Start at approx 20 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

1-2	Rise onto both toes, Drop both heels
3-4	Rise onto both toes, Drop both heels
5-6	Rise onto both toes, Drop both heels
7-8	Rise onto both toes, Drop both heels
Arms	
1-4	Curl both fists up and down with heels
5-8	Curl both fists up and down with heels
SEC 2	STEP, STEP, BACK, TOUCH, TOE BACK, BESIDE, STEP, STEPL
1-2	Step fwd R, Step L beside R
3-4	Step R back to R, Touch L beside R
5-6	Put L toe back at centre (under chair), Put R toe beside L
7-8	Step R fwd, Step L fwd
Arms	
1-2	R arm fwd with palm facing L, L arm fwd with palm facing R
3-4	R arm to R with palm facing back, L arm to R with palm touching R bicep
5-6	Close fist with L thumb up and point it back over L shoulder, Point R thumb back over R shoulder
7-8	Slap R hand on thigh, Slap L hand on thigh
SEC 3	CIRCLE SLIDE X4
1-2	Slide R foot sweeping fwd & around to the L finishing beside L foot
3-4	Slide L foot sweeping fwd & around to the R finishing beside R foot (3-4)
5-6	Slide R foot sweeping fwd & around to the L finishing beside L foot
7-8	Slide L foot sweeping fwd & around to the R finishing beside R foot (3-4)
Arms	
1-2	Scoop R hand fwd with palm facing right following foot to finish on thigh
3-4	Scoop L hand fwd with palm facing left following foot to finish on thigh
5-6	Scoop R hand fwd with palm facing right following foot to finish on thigh
7-8	Scoop L hand fwd with palm facing left following foot to finish on thigh





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Continued... Page 2 of 2

SEC 4	HEEL, HEEL, BOUNCE HEEL X2, HEEL, HEEL, BOUNCE HEEL X2
1-2	Dig R heel fwd & lift foot, Dig R heel fwd & lift foot
3-4	Return R foot to centre & bounce R heel, Bounce R heel
5-6	Dig L heel fwd & lift foot, Dig L heel fwd & lift foot
7-8	Return L foot to centre & bounce L heel, Bounce L heel
Arms	
1	Hold R hand palm out pushing heel of R hand fwd & pull back towards torso
2	Hold R hand palm out pushing heel of R hand fwd & pull back towards torso
3	Slap R thigh with R hand
4	Slap R thigh with R hand
5	Hold L hand palm out pushing heel of L hand fwd & pull back towards torso
6	Hold L hand palm out pushing heel of L hand fwd & pull back towards torso
7	Slap L thigh with L hand
8	Slap L thigh with L hand
Tag	At the end of Wall 2
•	SWIVEL HEELS
1-2	Swivel heels R, Swivel heels to centre
3-4	Swivel heels L, Swivel heels to centre
5-6	Swivel heels R, Swivel heels to centre
7-8	Swivel heels L, Swivel heels to centre
Arms	Hold hands in front of torso palm facing forward
1-2	Swing hands R, Drop hands on knees
3-4	Swing hands L, Drop hands on knees
5-6	Swing hands R, Drop hands on knees
7-8	Swing hands L, Drop hands on knees

