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

SEC 1 HEEL RAISES

- 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

The Only Way I Know

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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

