

## **One My Way**

www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 4 Wall Beginner Level Dance.
Choreographed by: Marie Louw (SA) Sept 2022
Choreographed to: Send Me On My Way by Rusted Root
Intro: 32 Counts. Start at approx 16 secs.

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<b>SEC 1</b> 1-2 3-4 5-6	CROSS ROCK, SIDE ROCK, BACK ROCK, SHUFFLE FORWARD Cross R over L, recover on L Rock to R side, recover on L Rock back on R, recover on L
7&8	Step R forward, L next to R, step R forward
<b>SEC 2</b> 1-2 3&4 5-8 7-8	1/2 PIVOT, SHUFFLE FORWARD, TOUCH, KNEE IN, KNEE OUT, FLICK Step forward on L ½ pivot to R (6:00) Step L forward, R next to L, step L forward Touch R ball of R to R side, swivel R foot and knee in Swivel R foot and knee out, flick R up
SEC 3	SIDE BEHIND SIDE, CROSS HEEL, SIDE BEHIND SIDE 1/4 TURN, FLICK
<b>SEC 3</b> 1-2	SIDE BEHIND SIDE, CROSS HEEL, SIDE BEHIND SIDE ¼ TURN, FLICK Step R behind left, step L to left side
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1-2	Step R behind left, step L to left side
1-2 3-4	Step R behind left, step L to left side Step R across L, touch L heel to left side
1-2 3-4 5-6	Step R behind left, step L to left side Step R across L, touch L heel to left side Step L behind R, step R to R side
1-2 3-4 5-6 7-8	Step R behind left, step L to left side Step R across L, touch L heel to left side Step L behind R, step R to R side 1/4 turn R step L to L side, Hitch R (9:00)s
1-2 3-4 5-6 7-8	Step R behind left, step L to left side Step R across L, touch L heel to left side Step L behind R, step R to R side 1/4 turn R step L to L side, Hitch R (9:00)s  SIDE, TOUCH, SIDE, TOUCH, CROSS, BACK, ROCK RECOVER
1-2 3-4 5-6 7-8 <b>SEC 4</b> 1-2	Step R behind left, step L to left side Step R across L, touch L heel to left side Step L behind R, step R to R side ½ turn R step L to L side, Hitch R (9:00)s  SIDE, TOUCH, SIDE, TOUCH, CROSS, BACK, ROCK RECOVER Step R to R side, touch L next to Right

