

That's The Only Way

Choreographer : Ria Vos, Rhoda Lai & Niels Poulsen (July 2015)

Type of dance : 2 wall linedance

Level : Intermediate

Counts : 64

www.allcountry.eu

Music : If That's The Only Way

Artist : Carina Dahl

[Dancevideo](#)

Intro: 16 counts from the beginning of the music (app. 8 secs. into track). Weight on L foot

Restart: Happens on wall 5 (starts at 12:00), after 16 counts. Your restart also happens at 12:00

Note: This dance was choreographed at Judy Chen's event 'WOW Taipei 2015' in Taiwan

Buy music iTunes: [If That's the Only Way - Carina Dahl](#)

[1 – 9] Big step back R, drag, ball step fwd R, walk fwd L, monterey ¼ R, behind side cross

1 – 2Step a big step back on R (1), drag L next to R (2) 12:00

&3 – 4Rock quickly back on ball of L (&), recover fwd to R (3), walk fwd on L (4) 12:00

5 – 7Point R to R side (5), turn ¼ R stepping R next to L (6), point L to L side (7) 3:00

8&1Cross L behind R (8), step R to R side (&), cross L over R (1) 3:00

[10 – 16] Hold, ball cross, ¼ L hitch, R cross, Hold, L ball side rock, L cross

2 – &3Hold (2), step R a small step to R side (&), cross L over R (3) 3:00

4 – 6Turn ¼ L on L hitching R knee (4), cross R over L (5), Hold (6) 12:00

&7 – 8Rock L to L side (&), recover on R (7), cross L over R (8) ... * Restart here on wall 5 12:00

[17 – 24] Stomp, Hold, behind side cross into R diagonal, R rock fwd, R back lock step

1 – 2Stomp R to R side (1), Hold (2) 12:00

&3 – 4Cross L behind R (&), step R to R side (&), turn 1/8 R stepping fwd on L (4) 1:30

5 – 6Rock fwd on R (5), recover back on L (6) 1:30

7&8Step back on R (7), lock L over R (&), step back on R (8) 1:30

[25 – 32] ½ L, Hold, syncopated step ½ L, 1/8 L sweep, syncopated R jazz box, walk fwd L & R

1 – 2Turn ½ L stepping fwd on L (1), Hold (2) 7:30

&3 – 4Step fwd on R (&), turn ½ L stepping onto L (3), turn 1/8 L on L sweeping R fwd (4) 12:00

5 – 6&Cross R over L (5), step back on L (6), step R a small step to R side (&) 12:00

7 – 8Step fwd on L (7), step fwd on R (8) 12:00

[33 – 40] ½ L, hold, ball step, twist heels ¼ L, twist heels ¼ R, Hold, ¼ L ball cross, ¼ L back R

1 – 2Turn ½ L stepping onto L (1), Hold (2) 6:00

&3 – 4Step R next to L (&), step small step fwd on L (3), twist both heels ¼ L this way turning ¼ R and rocking onto R foot and looking towards 12 o'clock (4) 9:00

5 – 6Twist both heels ¼ R this way turning ¼ L and recovering fwd on L (5), Hold (6) 6:00

&7 – 8Turn ¼ L stepping R to R side (&), cross L over R (7), turn ¼ L stepping back on R (8) 12:00

[41 – 48] L back rock, shuffle ½ R X 2, ¼ R side L, touch R next to L

1 – 2Rock back on L (1), recover fwd to R (2) 12:00

3&4Turn ¼ R stepping L to L side (3), step R next to L (&), turn ¼ R stepping back on L (4) 6:00

5&6Turn ¼ R stepping R to R side (5), step L next to R (&), turn ¼ R stepping fwd on R (6) 12:00

7 – 8Turn ¼ R stepping L to L side (7), touch R next to L (8) 3:00

[49 – 56] Out R & L, Hold, ball cross, side R, L sailor ¼ L, rock R fwd

&1 – 2Step R a small step out to R side (&), step L a small step out to L side (1), Hold (2) 3:00

&3 – 4Step R next to L (&), cross L over R (3), step R to R side (4) 3:00

5&6Cross L behind R (5), turn ¼ L stepping R next to L (&), step fwd on L (6) 12:00

7 – 8Rock fwd on R (7), recover back on L (8) 12:00

[57 – 64] ¼ R point L, Hold, ball point R, ¼ R hitch, R coaster step, L rock fwd, back L

&1 – 2Turn ¼ R stepping R to R side (&), point L to L side (1), Hold (2) 3:00

&3 – 4Step L next to R (&), point R to R side (3), turn ¼ R on L and hitch R knee (4) 6:00

5&6Step back on R (5), step L next to R (&), step fwd on R (6) 6:00

7 – 8&Rock fwd on L (7), recover back on R (8), step back on L (&) 6:00

START AGAIN

Ending Do the first 33 counts of wall 7, starts at 6:00. You're now facing 12:00 ...