



Heath's Line Dancers of Australia

Incorporating
Line Dancers of South Australia

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LINE DANCE DESCRIPTION AND CUESHEET DANCE OUR WAY

Recommended Music: **The Old Fashioned Way** — Helen Reddy — Long Hard Climb

Track Length: 3 Minutes, Beats / Minute: 144, Introduction: 1 Beat (Bell) + 3 Silent Counts

Rhythm: Foxtrot & Can Can (Smooth), Difficulty: Basic/Improver

Choreographers: Peter & Liz Heath, Adelaide, South Australia, 17th March 2007

Choreographers Signature:.....*Peter Heath*.....

Starting position: Feet Together, Right Foot Ready

Nett amount of turn per sequence: 1/2 Left Turn (2 Wall Dance)

Length of sequence: 64 Beats

Music	Beats	Steps	Version: 1.09
		Side, Cross Kick, Twice; Vine Front, Touch; Twice	
	1-2	Step Right Foot to Right, Kick Left Foot Across in Front of Right Foot	
	3-4	Step Left Foot to Left, Kick Right Foot Across in Front of Left Foot	
	5-8	1-4 Step Right Foot to Right, Cross Left Foot in Front of Right Foot, Step Right Foot to Right, Touch Left Foot to Right Foot	
	9-12	1-4 Repeat Beats 3-4, Repeat Beats 1-2	
	13-16	1-4 Step Left Foot to Left, Cross Right Foot in Front of Left Foot, Step Left Foot to Left, Touch Right Foot to Left Foot	
		Slow Scissor; Twice; Vine 4; Turn 1/4 Left & Back, Draw 3	
	17-20	1-4 Step Right Foot to Right, Close Left Foot to Right Foot, Cross Right Foot in Front of Left Foot, Hold	
	21-24	1-4 Step Left Foot to Left, Close Right Foot to Left Foot, Cross Left Foot in Front of Right Foot, Hold	
	25-28	1-4 Step Right Foot to Right, Cross Left Foot Behind Right Foot, Step Right Foot to Right, Cross Left Foot in Front of Right Foot	
	29-32	1-4 Turning 1/4 Left Step Right Foot Back, Draw Left Foot to Right Foot Over 3 Beats	
		Turn 1/8 Left & Foxtrot Diamond Turn	
	33-36	1-4 Turning 1/8 Left Step Left Foot Forward on the Diagonal, Hold, Turning a Further 1/8 Left to Face Wall Step Right Foot to Right, Step Left Foot Diagonal Back and Right Turning 1/8 Left	
	37-40	1-4 Step Right Foot Back on the Same Diagonal, Hold, Turning 1/8 Left to Face Wall Step Left Foot to Left, Cross Right Foot Diagonal Forward and Left Turning 1/8 Left	
	41-44	1-4 Step Left Foot Forward on the Same Diagonal, Hold, Turning a Further 1/8 Left to Face Wall Step Right Foot to Right, Step Left Foot Diagonal Back and Right Turning 1/8 Left	
	45-48	1-4 Repeat Beats 37-40 (This will Finish Facing 1/8 Left of Original Direction)	
		1/8 Left Turning Foxtrot; Slow Back Coaster 2	
	49-52	1-4 Step Left Foot Diagonal Forward on the Same Diagonal, Hold, Turning 1/8 Left Step Right Foot to Right, Close Left Foot to Right Foot	
	53-56	1-4 Step Right Foot Back, Hold, Close Left Foot to Right Foot, Hold	
		Forward Coaster 4; Side & Slow Bump 2	
	57-60	1-4 Step Right Foot Forward, Close Left Foot to Right Foot, Step Right Foot Back, Close Left Foot to Right Foot	
	61-64	1-4 Step Right Foot to Right So Feet Are Apart and Bump Hips Right, Hold, Bump Hips Left, Hold	
	REPEAT	Substituting the Ending during the 7 th Sequence	
		ENDING Side, Draw 3	
	29'-32'	1-4 Step Right Foot to Right, Draw Left Foot to Right Foot Over 3 Beats	

Choreographer's Note: We tried to get the mixture of Ballroom and Showgirl styles of dance that the music inspires. It can also be danced as a facing couples dance without interference with singles. We hope you like it.