Full Throttle (aka The Only Way I Know)

**Count:** 32  **Wall:** 2  **Level:** Intermediate

**Choreographer:** Steve Lustgraaf (12/24/2012)

**Music:** “The Only Way I Know” by Jason Aldean (ft. Luke Bryan and Eric Church) Album: Night Train

Start dance on vocals, 32 counts in.

**Scissors Step x2, Back Right Turn, Chase Turn**
1&2    Rock L to left side, replace weight R, Cross L over R
3&4    Rock R to right side, replace weight L, Cross R over L
5&6    Step slightly back L, ½ turn right stepping R, Step forward L (6 o’clock)
7&8    Step forward R, ½ turn left stepping L, step forward R (12 o’clock)

**Walk, Walk, Coaster Step, Step Lock Step, Back, Back, Sit**
9-10   Step forward L, Step forward R
11&12  Step forward L, step R next to L, step back L
13&14  Step back R, step back L slightly across R, step back R
15&16  Step back L, step back R, squat slightly keeping L touched in front of R (weight is on R)

**Run, Run, Run, ¼ turn, ½ turn, Cross Rock ¼ Turn, Full Turn Triple**
17&18  Step forward L, R, L (small running steps)
19-20  ¼ turn left step side R (9 o’clock), ½ turn left step side L (3 o’clock)
21&22  Cross R over L, replace L, ¼ turn right step forward R (6 o’clock)
23&24  ½ turn right step back L, ½ turn right step forward R, step forward L (6 o’clock)

**Syncopated Lock Steps, Mambo, Coaster Step**
27&28  Step R behind L, step forward L, step forward R
29&30  Rock forward L, replace R, step L next to R
31&32  Step back R, step L next to R, step forward R

Start again

**Restart:** Dance the first two walls, then dance to count 8 and Start from the beginning.

**Ending:** The dance ends on count 17. After the sit on 16, place weight on left foot and turn to the front.

Steve Lustgraaf - e-mail: dncntime@aol.com
Intime Dance Productions