

## The Way I Am

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**MUSIC:** The Way I Am (by Ingrid Michaelson from the album Girls and Boys) SLOW as needed. I slowed the music by 4%.  
**RHYTHM:** Rumba **TIME @ BPM:**  
**PHASE (+):** Soft IV (Aida, Switch Rock, Hockey Stick, Cross Body)  
**FOOTWORK:** Opposite unless indicated [*W: Woman's foot in italics*]  
**SEQUENCE:** **Introduction A B C D B Ending**

### Introduction

**1 – 8 Wait; Wait; Start Sliding Doors; Quick Rock Apart, Recover, Man Touch and Point at Lady (Lady Pose), -; Finish Sliding Doors; Rock Apart, Recover to Face, Close; Alemana to Butterfly; Slow Hip Rocks;**

- 1 - 2 Wait for two measure in OP-FCG with trail hands joined; ;
- 3 **[Start Sliding Doors (QQS)]** Joining trail hands and turning to face LOD rock apart L, recover R, XLiF passing behind Woman and releasing trail hands, -;  
*[W: Joining trail hands and turning to face LOD rock apart R, recover L, XRiF passing in front of Man and releasing trail hands, -;]*
- 4 **[Rock Apart, Recover, Man Touch and Point (QQ--)]** Joining lead hands and still facing LOD rock apart R, recover L, releasing lead hands touch R and point with right INDEX (and only index) finger towards Woman, -;  
*[W: Joining lead hands and still facing LOD rock apart L, recover R, releasing lead hands touch L and place the inside of the left middle finger on the right side of your head with finger facing forward and inside of left wrist on the back of your head with right arm across the front of your waist and look at Man, ;]*
- 5 **[Finish Sliding Doors (QQS)]** Joining lead hands rock apart R, recover L, XRiF passing behind Woman and releasing hands, -;  
*[W: Joining lead hands rock apart L, recover R, XLiF passing in front of Man and releasing hands, -;]*
- 6 **[Rock Apart, Recover to Face, Close (QQS)]** Rock apart L, recover R turning to face partner and WALL, close L raising lead hand preparing for Alemana, -;  
*[W: Rock apart R, recover L turing to face partner and COH, close R raising lead hand to Man, -;]*
- 7 **[Alemana (QQS)]** Rock back R small step allowing Woman to turn RF under joined lead hands, recover L, side R blending to Butterfly facing WALL, -;  
*[W: Swivel RF 1/8 to face DC then forward L toward DC passing under joined lead hands then spiral RF 1/2 to face DWR, forward R then spin RF 3/8 to face COH, side and forward L towards Man's right side and blending to Butterfly, -;]*
- 8 **[Slow Hip Rocks (SS)]** Rock side L, -, recover R, -;  
NOTE: Arms movents are optional. Get creative.

## Part A

### 1 – 8 Open Break; Whip; Forward Preparation; Slow Dip, -, Recover, -; Break to SCP; Aida; Switch Rock; Spot Turn;

- 1 **[Open Break (QQS)]** Rock apart L, recover R, side L, -;
- 2 **[Whip (QQS)]** Back R turning LF to face LOD with partner passing on your left side, recover R turning LF to face COH, side R to end facing COH in LOFP, -;  
*[W: Forward L on Man's left side, forward R then spiral LF 1/2 to face WALL, side L to end in LOFP facing WALL, -;]*
- 3 **[Forward Preparation (QQ&S)]** Rock forward L, recover R, back L small step releasing joined lead hands / close R allowing Woman to move close preparing to take CP, -;  
*[W: Rock back R, recover L, forward R small step / close L moving close to Man preparing to take CP, -;]*
- 4 **[Slow Dip, Recover (SS)]** Dip back L allowing Woman to fall into your arms, -, recover R to end in loose CP facing COH, -;  
*[W: Dip forward R 'falling' into CP, -, recover L, -;]*
- 5 **[Break to SCP (QQS)]** Swiveling LF to face RLOD rock back L in SCP, recover R, forward L in SCP facing RLOD, -;  
*[W: Swiveling RF to face RLOD rock back R in SCP, recover L, forward R in SCP, -;]*
- 6 **[Aida (QQS)]** Thru R, turn RF 1/4 to face Woman and COH side L, continue RF turn back R checking facing LOD in Aida Position, -;  
*[W: Thru L, turn LF 1/4 to face Man side R, continue LF turn back L checking, -;]*
- 7 **[Switch Rock (QQS)]** Rock side L turn LF 1/4 to face Partner and COH checking, recover R, side L to end in LOFP facing COH, -;  
*[W: Rock side R turn RF 1/4 to face Man and WALL checking, recover L, side R to end in LOFP facing WALL, -;]*
- 8 **[Spot Turn (QQS)]** Turning LF to face RLOD thru R, continue LF turn 1/2 on R then step forward L toward LOD, continue LF turn side R to face Woman and COH, -;  
*[W: Turning RF to face RLOD thru L, continue RF turn 1/2 on L then step forward R toward LOD, continue RF turn side L to face Man and Wall, -;]*

## Part B

### 1 - 8 Chase Double Peek-a-boo with Claps; ; ; ; ; ; ; to Cross Body;

- 1 **[Chase Double Peek-a-boo with Claps (QQS)]** Forward L turn RF 1/2 to face WALL, recover R, close L to end in Tandem Man in Front, -;  
*[W: Rock back R, recover L, close R to end in Tandem, -;]*
- 2 - 3 **[Rock Side Hold with Claps (Q---)x2]** Rock side R and hold, clap on 2 / &, -, 4; Rock side L and hold, clap on 2 / &, -, 4;  
*[W: Rock side L and hold, clap on 2 / &, - 4; Rock side R and hold, clap on 2 / &, - 4;]*
- 4 **[Continue Chase (QQS)]** Forward R turn LF 1/2 to face COH, recover L, close R to end in Tandem Man behind, -;  
*[W: Forward L turn RF 1/2 to face WALL, recover R, close L to end in Tandem, -;]*
- 5 – 6 **[Rock Side Hold with Claps (Q---)x2]** Repeat action from measure 3; Repeat action from measure 4; action performed facing COH rather than WALL.

- 7 **[Start Cross Body (QQS)]** Rock forward L, recover R, side L turn LF 1/4 to face RLOD and extending lead hand for Woman, -;  
*[W Forward Spot Turn: Forward R turn LF 1/2 to face COH, recover L, forward R extending lead hand to join with Man, -;]*
- 8 **[Cross Body (QQS)]** Rock back R, recover L turning LF 1/4 to face WALL, side R to end in LOFP facing WALL, -;  
*[W: Forward L passing in front of Man, forward R then spiral LF 1/2 to face COH, side L to end in LOFP, -;]*

## **Part C**

### **1 - 8 1/2 Basic; Alemana; Lariat; To Fan; Hockey Stick With Optional Man's Head Loop; ; Fence Line; Twice;**

- 1 **[1/2 Basic (QQS)]** Rock forward L, recover R, side L raising joined lead hands, -;]  
*[W: Rock back R, recover L, side R raising joined lead hands, -;]*
- 2 **[Alemana (QQS)]** Rock back R small step allowing Woman to turn RF under joined lead hands, recover L, close R, -;  
*[W: Swivel RF 1/8 to face DC then forward L toward DC passing under joined lead hands then spiral RF 1/2 to face DWR, forward R then spin RF 3/8 to face COH, side and forward L towards Man's right side, -;]*
- 3 - 4 **[Lariat to Fan (QQS; QQS)]** Rock L as you place your L hand on your right shoulder and release hold with Woman, recover R, close L, -, ; Rock side R, recover L extending L hand to side, close R to end in Fan Position Man facing WALL, -;  
*[W: Walking in a circle around the Man gently caress across his shoulders stepping R, L, R, -; L, R, L allowing hand to trail down his left arm to end in FAN position facing RLOD, -;]*
- 5 - 6 **[Hockey Stick (QQS; QQS)]** Rock forward L, recover R, close L raising joined lead hands with palm and forearm facing toward floor in front of your face, -; Rock back R, recover L allowing joined lead hands to pass over Woman's head, side R toward RLOD, -;  
*[W: Close R, forward L, forward R to stand facing RLOD in front of Man, -; forward and side L toward DRW, forward and across R toward DRW then spiral 1/2 LF to face COH, side L toward RLOD, -;]*
- NOTE: The leader may place the joined lead hands over HIS head on step 3 of the Hockey Stick, then release the hands allow the Woman to turn and rejoin them after the turn is complete as you both step side toward RLOD.
- 7 - 8 **[Fence Line Twice (QQS; QQS)]** Taking Butterfly Position lunge thru L toward RLOD, recover L, side L, -; Lunge thru R toward LOD, recover L, side R dropping joined hands, -;

### **9 - 18 Side (Hold) with Claps; Side (Hold) with Claps; Circle Away and Together; ; Start Sliding Doors; Quick Rock Apart, Recover, Man Touch and Point at Lady (Lady Pose), -; Finish Sliding Doors; Rock Apart, Recover to Face, Close; Alemana to Butterfly; Slow Hip Rocks;**

- 1 - 2 **[Side hold with Claps (Q--x2)]** Side L turning slightly toward RLOD and touching shoulders with Woman, clap 2 / &, -, 4; Side R turning slightly toward LOD and touching shoulders with Woman, clap 2 / &, -, 4;
- 3 - 4 **[Circle Away and Together (QQS)x2]** Circle LF in 6 walking steps L, R, L, -, R, L, R to end in OP Facing Partner and WALL no hands joined, -;  
*[W: Six walking steps turning RF R, L, R, -; L, R, L, -;]*
- 5 - 18 Repeat measures 3 - 8 of the Introduction.

## **Part D**

### **1 - 8 Hand To Hand with Head Loop x3; ; ; Thru Vine 4 to Open Position; Kiki Walks; Slow Rock Side to Face, -, Recover, -; Open Break; Whip;**

- 1 - 3 **[Hand to Hand with Head Loop (QQS)x3]** Raising joined trail hands over Woman's head rock back L in tight V position, recover R, turning RF to face partner and WALL side L, -; Raising joined lead hands over Woman's head rock back R in tight V position, recover L turning LF to face Partner and WALL side R, -; Raising joined trail hands over Woman's head rock back L in tight V position, recover R, forward L SCP / Butterfly Position facing LOD, -;
- 4 **[Thru Vine 4 (QQQQ)]** Thru R, side L turning RF to face partner and WALL and joining lead hands in Butterfly Position, RXiB, side L;
- 5 **[Kiki Walks (QQS)]** Turning to OP facing LOD forward R, forward L, forward R, -;
- 6 **[Rock Side to Face, Recover (SS)]** Turning RF to face partner and WALL rock side L, -, recover R joining lead hands, -;
- 7 - 8 **[Open Break; Whip]** Repeat the action from Measures 1 and 2 from Part A.

### **Repeat Part B**

## **Ending**

### **1 - 7 Side (Hold) with Claps; Side (Hold) with Claps; Circle Away and Together; ; Start Sliding Doors; Rock Apart, Recover to Face, Close, -; Dip and Hold.**

- 1 - 5 Repeat the action from Measures 9 – 13 of Part B.
- 6 **[Rock Apart, Recover to Face, Close (QQS)]** Rock apart R, turning LF to face Partner and COH recover L, close R, -;
- 7 **[Dip and Hold (Q---)]** Blending to CP facing COH dip back L and hold.

## **The Way I Am**

By Ingrid Michaelson

If you were falling, then I would catch you.  
You need a light, I'd find a match.

Cause I love the way you say good morning.  
And you take me the way I am.

If you are chilly, here take my sweater.  
Your head is aching, I'll make it better.

Cause I love the way you call me baby.  
And you take me the way I am.

I'd buy you Rogaine when you start losing all your hair.  
Sew on patches to all you tear.

Cause I love you more than I could ever promise.  
And you take me the way I am.  
You take me the way I am.  
You take me the way I am.

**The Way I Am – Halbert-Lamberty – Oct 2011 – RB Soft IV – Ingrid Michaelson - Slowed 4% - 2:12 - Intro-ABCD-B-Ending**

**Intro (8 meas)**

OP-FCG WALL wait 2 meas;;  
Rk & Slide Across ; Cucaracha to Tch & Pt ; Rk & Slide Bk ;  
Cucaracha to Fc ; Alemana ; Slow Rk & Rec ;

**Part A (8 meas)**

Open Break ; Whip ; Forward Preparation ; Slow Dip & Rec ;  
Bk Break to SCP ; Aida ; Switch Rk ; Spot Turn ;

**Part B (8 meas)**

Chase Peek-a-boo Double w/ Claps ; ; ; ; ; ; ; ;  
Cross Body Ending to face Wall ;

**Part C (18 meas)**

Alemana ; ; into a Lariat to Fan ; ;  
Hockey Stick M's Head Loop ; ; Fence Line Twice ; ;  
Side Hold w/ Claps 2x ; ; Circle Away & Together ; ;  
Rk & Slide Across ; Cucaracha to Tch & Pt ; Rk & Slide Bk ;  
Cucaracha to Fc ; Alemana ; Slow Rk & Rec ;

**Part D (8 meas)**

Hand to Hand w/ Head Loops 3x ; ; ; Thru Vine 4 ;  
Kiki Walks ; Slow Rk Sd Rec to Fc ; Open Break ; Whip ;

**Part B (8 meas)**

Chase Peek-a-boo Double w/ Claps ; ; ; ; ; ; ; ;  
Cross Body Ending to face Wall ;

**Ending (7 meas)**

Side Hold w/Claps Twice ; ; Circle Away & Tog ; ;  
Rk & Slide Across ; Rec, Rec, Fc Cl ; Dip & Hold ;