

Frame Of Mine

Count: 24

Wand: 4

Ebene: Intermediate Rise & Fall waltz

Choreograf/in: Ronald "RONNIE" Grabs (DE) - July 2020

Musik: Frame of Mine - Blake Shelton



CROSS LUNGE-RECOVER / 1/4 L SIDE STEP / CROSS STEP / SIDE CHASSE

- 1,2 cross lunge left foot in front of right, recover weight on right foot,
- 3 turn 1/4 left and step left foot to left side,
- 4 cross step right foot in front of left,
- 5&6 step left foot to left side, step right foot next to left, step left foot to left side,

1/4 L FWD. STEP / SLOW 1/2 PIVOT L / FWD. STEP / STEPPING FULL TURN R

- 1 turn 1/4 left stepping right foot forward,
- 2-3 slow turn 1/2 left and change weight on to left foot,
- 4 step right foot forward,
- 5,6 turn 1/2 right stepping left foot back, turn 1/2 right stepping right foot forward,

FWD. BALANCE / STEPS BACK-BACK-1/4 R SIDE STEP

- 1,2,3 step left foot forward, rock right foot forward, recover weight back on left foot,
- 4,5,6 step right foot back, step left foot back, turn 1/4 right and step right foot to right side,

TWINKLE / CROSS / SWING & SWAY 1/2 TURN R

- 1,2,3 cross step left foot diagonally forward right, step right foot diagonally forward right, step left foot diagonally forward left,
- 4 cross step right foot in front of left,
- 5,6 turn 1/4 right stepping left foot back, turn 1/4 right stepping right foot side,

Der Tanz beginnt von vorn

TAG: Nach der 4. Wand fügt Ihr die folgenden Schritte an und beginnt den Tanz mit Blick 12 Uhr von vorn.

TWINKLE / TWINKLE

- 1,2,3 cross step left foot diagonally forward right, step right foot diagonally forward right, step left foot diagonally forward left,
 - 4,5,6 cross step right foot diagonally forward left, step left foot diagonally forward left, step right foot diagonally forward right,
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