

Rita's Waltz (Walker-Rollator)

COPPER KNOB
BY STEPHEN

Count: 24

Wand: 4

Ebene: Improver - Walker

Choreograf/in: Jo Thompson Szymanski (USA) - September 2014

Musik: Somebody Loves You - Scooter Lee

oder: Tucson Too Soon - Tracy Byrd

oder: Fields Of Forever - Rick Tippe

oder: Christmas Card - Scooter Lee

oder: I Still Believe - Scooter Lee



(Originally for her mom, Rita)

(Walker modifications provided, with Choreographer's permission, by A.J. Herbert, ajluv2dans@gmail.com, Certified Group Exercise Instructor, National Exercise Trainer's Association (NETA), including ABLE Bodies Balance Training, FallProof!, and Fitness Over Fifty.)

WALTZ BALANCE FORWARD, BACK, FORWARD, BACK

1-3 Step L forward (1), Step R beside L (2), Step L in place (3).

4-6 Step R back (4), Step L beside R (5), Step R in place (6).

1-6 Repeat above 6 counts.

WALTZ FORWARD BEGINNING 1/4 ARC LEFT, WALTZ BACK

1-3 Step L forward (1), Step R beside L (2), Step L in place (3).

4-6 Step R forward (4), Step L beside R (5), Step R in place (6).

1-3 Step L back (1), Step R beside L (2), Step L in place (3).

4-6 Step R back (4), Step L beside R (5), Step R in place (6).

START AGAIN FROM BEGINNING OF DANCE.
