

Contra Waltz

Count: 24

Wand: 2

Ebene: Ultra Beginner waltz

Choreograf/in: Irene Groundwater (CAN)

Musik: Walkin' All Over My Heart - Travis Tritt



Position: Dancers form 2 lines offset facing each other

FORWARD, FORWARD, FORWARD, FORWARD, FORWARD, FORWARD

1-2-3 Left forward, right forward, left forward

4-5-6 Right forward, left forward, right forward

On forward walks dancers will go between 2 people facing them in opposite line. Option: clap the opposite persons hands as you go between the line

¼ TURN LEFT, SIDE, TOGETHER, ¼ TURN LEFT, SIDE, TOGETHER (½ TURNING BOX STEP)

1 Left forward making ¼ turn left on step

2-3 Side step right, step left beside right

4 Right back making ¼ turn left on step

5-6 Large side step left, step right beside left

Dancers should now be facing people in the opposite line - head on

FORWARD, TOGETHER, TOGETHER, BACK, TOGETHER, TOGETHER

1-2-3 Left forward, step right beside left, step left beside right

4-5-6 Right back, step left beside right, step right beside left

Option: dancers can clap hands with opposite line dancers on counts 2-3

SIDE, DRAG, TOUCH, SIDE, DRAG, TOUCH

1 Small side step left

2-3 Drag right towards left, touch right ball beside left instep

4 Large side step right

5-6 Drag left towards right, touch left ball beside right instep

This should bring you back to your original position to start the dance over again. Option: on count 3, clap hands to the left shoulder high. Option: on count 6, clap hands to the right shoulder high

REPEAT