

Nona's Waltz

Count: 24

Wand: 2

Ebene: Beginner

Choreograf/in: Nenny Bambang (INA) - April 2010

Musik: Polo Nona

oder: any song with a waltz rhythm



NO TAG , NO RESTART

SIDE LONG STEP, STEP AND KICK

- 1-2-3 Step R to right side(with long step), bring L slightly towards R, kick L forward diagonally right
4-5-6 Step L to left side (with long step), bring R slightly towards L, kick R forward diagonally left

STEP FWD, SIDE STEPS, BACK STEP, TOUCHES

- 1-2-3 Step R forward, bring L slightly towards R then step to left side, step R beside L
4-5-6 Step back on L, touch R toe beside L, touch R toe out to right side

CROSS SHUFFLE, SIDE STEP, ROCK, RECOVER

- 1-2-3 Cross R over L, step L to left side, cross R behind L
4-5-6 Step L to left side, cross/rock R over L, recover on L

TRAVELING FULL TURN, CROSS/ROCK, RECOVER, ½ TURN

- 1-2-3 ¼ turn right stepping R forward, make another ¼ turn right step L to left side, ½ turn right
step R to right side
4-5-6 Cross/rock L over R, recover on R, make ¼ turn left stepping L forward

* to start the new wall: make another ¼ turn left as you start the first count by stepping R to right side (with long step)

REPEAT AND ENJOY YOUR DANCE !!!
