

# Anchor Me Back Down Waltz

**COPPER** **KNOB**  
BY STEPHENETS

**Compte:** 24

**Mur:** 4

**Niveau:** Intermediate waltz

**Chorégraphe:** Helaine Norman (USA) - October 2018

**Musique:** Anchor - Mindy Gledhill



**Note:** Music slows down at times. Just keep dancing to its rhythm. Tags are easy to hear in the music.

## I. WALTZ BALANCE

- 1-3 Step L forward, step R together, step L together  
4-6 Step R back, step L together, step R together

## II. MODIFIED TWINKLES

- 1-3 Step L over, rock R side, recover to L together  
4-6 Step R over, rock L side, recover to R side (not together)

## III. Ronde Behind Side Cross, Side Drag

- 1-3 Sweep (small) L behind R, step R side, step L over R  
4-6 Step (big) R side, drag L together

## V. ¼ L TURN, POINT HOLD, BACK, POINT HOLD

- 1 Step L making ¼ turn left  
2-3 Point R side, hold  
4 Step R back  
5-6 Point L side, hold

## REPEAT

- 6- COUNT TAG: FORWARD, ½ PIVOT L TURN; WALTZ BACK  
1 Step L forward  
2-3 Step R forward making ½ pivot turn left, weight to L  
4-6 Step R back, step left together, step right together

End of wall 2 facing 6:00

End of wall 4 facing 6:00

End of wall 8 facing 12:00

End of wall 12 - end with the tag facing 12:00. Replace the back waltz with step R back, drag L together (weight stays on R), pose.

Contact: [helaine43@gmail.com](mailto:helaine43@gmail.com)

Last Update - 14 Feb 2022 R2