

Mariska's Waltz

Compte: 48

Mur: 4

Niveau: Intermediate waltz

Chorégraphe: Sebastiaan Holtland (NL)

Musique: Don't Let Your Feet Slow You Down - Rodney Crowell



STEP STEP STEP RIGHT BALANCE STEP ¼ TURN

- 1-2-3 Left foot step forward right foot step forward left foot step forward (facing 1:30)
4-5-6 Step right foot over left foot step left foot forward commence to turn the left complete ½ to the left right foot step to the right side weight on right foot (facing 6:00)

STEP STEP RISE STEP HOLD STEP BACK, ½ TURN STEP ½ SWEEP TURN HOLD

- 1-2-3 Left foot step forward right foot step forward your rise body up hold
4&5-6 Right foot step back make ½ turn left left foot step forward right foot make ½ sweep turn to the left over the ground hold your right foot forward hold up count 6 (facing 6:00)

STEP E STEP HOLD STEP HOOK STEP RISE, BACK ¼ TURN CHASSE SIDE

- 1-2-3 Right foot step forward left foot step forward rise your body up hold
4-5&6 Left foot hook behind right foot make a ¼ turn to the right to (facing 9:00) right foot step to the right side left foot close next to right step right foot to right side weight on right foot (facing 9:00)

STEP ¼ TURN ¾ TURN RUN TO LUNGE, PULL TURN PIVOTS TO PENDULUM STEP

- 1-2-3 Left foot step forward with a ¼ turn (facing 6:00) right foot step a ½ turn continued ¼ turn continued (facing 9:00)
4&5-6 Right foot step forward lunge forward hold right foot pulling from right toe twist turn rotating left foot over de ground keeping your left toe forward when you make a 1 ½ turn left (facing 3:00)

BACK STEP 2X // SIDE STEP, STEPS FORWARD

- 1-2-3 Left foot step back to (facing 9:00) right foot step back to (facing 9:00) left foot step to the left side weight on left foot
4-5-6 Right foot step forward left foot step forward right foot step forward (3:00)

CROSS FALLAWAY STEP, REVERSE CONTRA

- 1-2&3 Left foot across right foot /right foot back left foot ¼ turning left 12:00 hook behind right foot left foot step back turning ¼ left weight back on right to facing 10:30
&4-5-6 Left foot step forward 9:00 step right foot back towards 6:00 step left foot back towards (6:00)

STEP REVERSE CONTRA ½ TURN STEP BACK, ½ REVERSE WAVE ZIG ZAG

- 1-2-3 Right foot step forward turning ½ left to facing 12:00 left foot back towards end (facing 1:30)
4&5-6 Left foot ½ turning right weight back on left step right foot back towards step left foot back towards

LEFT BALANCE STEP, CROSS FULL SPIN TURN

- &1-2-3 Step left foot forward commence to turn the left complete ¼ turn to the left left foot step to the left side (facing 3:00)
4-5-6 Step right foot across left foot commence 1 1/8 spin turn on both feet to the left end (facing 4:30)

REPEAT