

Traces Of Time

Compte: 48

Mur: 4

Niveau: Improver waltz

Chorégraphe: Janet Jolliffe (USA)

Musique: A Bad Way of Saying Goodbye - Trace Adkins



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- 1-3 Cross rock right over left, recover back on left, step right to right side
4-6 Cross rock left over right, recover back on right, step left to left with $\frac{1}{4}$ to the left
- 1-3 Basic waltz forward right, left, right
4-6 Basic waltz backward left- right, left
- 1-3 Step forward on right, point left toes to left side, hold 1 count
4-6 Step left behind right, rock right to right side, recover back on left
- 1-3 Step right behind left, point left toes to left side, hold 1 count
4-6 Cross left over right, rock right to right side, recover back on left
- 1-3 Cross rock right over left, recover back on left, step right to right with $\frac{1}{4}$ to the right
4-6 Rock forward on left, recover back on right starting $\frac{1}{2}$ to the left, finish turn stepping forward on left
- 1-3 Basic waltz forward right, left, right
4-6 Left coast step left, right, forward on left
- 1-3 Step forward on right, pivot $\frac{1}{2}$ turn to the left, step forward on right
4-6 Rock forward on left, recover back on right, step left to left with $\frac{1}{4}$ to the left
- 1-3 Basic waltz forward right, left, right
4-6 Basic waltz backward left, right, left

REPEAT
