

Scandinavian Waltz

Compte: 48

Mur: 4

Niveau: Improver Waltz

Chorégraphe: Martie Papendorf (SA) - June 2010

Musique: Scandinavian Waltz - Whistlin' Rufus : (CD: It's About Time)



(1-6) WALTZ FORWARD AND SIDE

- 1-3 Basic Waltz step fwd on L (L fwd, R together, L together)
4-6 Step R to R, L together, R together

(7-12) BACK DRAG X 2

- 1-3 L long step back diagonal L (1), drag R back (2) to touch L (3),
4-6 R long step back diagonal R (1), drag L back (2) to touch R (3) ,

(13-18) TURN, SIDE ROCK, SLIDE & FLEX, TOUCH

- 1-3 Turn ½ to L stepping fwd on L, rock out to R, rock back on L,(6.00)
4-6 Turning ¼ L slide /skate R short distance back flexing L foot, drag L to R, touch L next to R (3.00)

(19-24) TRIPLE TURN X 2 (FULL TURN L)

- 1-3 Triple turn ½ forward (L, R, L) stepping L fwd (3.00),R in place (12.00),L in place (9.00)
4-6 Triple turn ½ forward (R, L, R) stepping R back towards 3.00 (still facing 9.00),L in place (6.00),R fwd (3.00)

(25-30) L & R SAILOR STEPS

- 1-3 Cross step L behind R, Step R to R side. Step L in place.
4-6 Cross step R behind L, Step L to L side, Step R in place

(31-36) TURN, POINT, BACK, POINT

- 1-3 Make ¼ turn L stepping L forward, point R to R side, hold (12.00)
4-6 Step back R (1), point L across R (2), hold

(37-42) ROCK, BACK, SIDE, ROCK, BACK, SIDE

- 1-3 Rock L over R, step back R, rock L to L side
4-6 Rock R over L, step back L, rock R to R side

(43-48) CROSS L OVER R, TIGHT TURN R

- 1-6 Cross L over R, make tight 1¼ turn to R over 6 counts, weight ending on R (3.00)

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