Ballerina Waltz

Niveau: Intermediate

Chorégraphe: K. Sholes (USA) - March 2014

Musique: Say Something - Pentatonix

Cross, Lift, Lift, Step, Lift, Step

Compte: 30

1-3 Step L across R, Lift R foot to side twice (or cross L, Touch R to side, Pause) 4-6 Step R behind L, Lift L knee, Step L to side.

Cross, Lift, Lift, Step, Lift, Step

- Step R across L, Lift L foot to side twice (or cross R, Touch L to side, Pause) 1-3
- 4-6 Step L behind R, Lift R knee, Step R to side.

1/4 Turn -step, Touch, Pause, Step forward, Touch, Pause

- 1-3 Step L 1/4 to left, Touch R toe to side, Pause. (9:00)
- 4-6 Step forward R, Touch L toe to side, Pause.

Cross-rock, Recover, Step 1/4 turn left, Run, Run, Run

- 1-3 Rock L across R, Recover R, Step L 1/4 to left (6:00)
- 4-6 Run forward R,L,R

Cross-rock, Recover, Step 1/4 turn left, Cross, Side, Cross

- 1-3 Rock L across R, Recover R, Step L 1/4 to left (3:00)
- 4-6 Cross R over L, Step L to side, Cross R over L.

Begin Again! Enjoy!

*Note...In the beginning 12 counts, the lift to the sides is lift & then lift a little further without stepping down 1st. Dance can also be done by touching to side & pausing instead of lifting.

Contact: karensholes@hotmail.com





Mur: 4