

# Windy City Waltz (愛的華爾滋) (zh)

COPPER KNOB  
BY STEPHENETS

Compte: 96

Mur: 2

Niveau: High Intermediate - Viennese  
waltz



Chorégraphe: Simon Ward (AUS), Ria Vos (NL) & Darren Bailey (UK) - 2012年10月

Musique: I Love You - Faith Hill : (Album: Faith - iTunes)

Dance starts 48 counts into track, approx 17secs

48拍(約17秒)後起跳

## 第一段 □ Left forward basic ½ turn L, Right back basic ½ turn L

- 1-3 Large step left forward, Step in place right, left while making a ½ turn left 6.00  
左足前一大步, 右足踏, 左轉180度左足踏(面向6點鐘)
- 4-6 Large step right back, Step in place left, right while making a ½ turn left 12.00  
右足後一大步, 左足踏, 左轉180度右足踏(面向12點鐘)

## 第二段 □ Rock L fwd, hold, hold, Rock R back, hold, hold

- 1-3 Rock/step left forward, Hold, Hold  
左足前下沉, 候, 候
- 4-6 Recover weight back on right (open right shoulder and turn body slightly right), Hold, Hold  
12.00  
右足回復(身體略右轉), 候, 候(面向12點鐘)

## 第三段 □ ¼ L sweeping R, R twinkle

- 1-3 Step left forward making a ¼ turn left, Sweep right counter/clockwise for 2 counts 9.00  
左轉90度左足前踏, 右足以2拍繞向前
- 4-6 Cross/step right over left, Rock/step left to left side, Recover weight onto right (twinkle styling)  
右足於左足前交叉踏, 左足左下沉, 右足回復(華士步)

## 第四段 □ L Twinkle, Cross weave left

- 1-3 Cross/step left over right, Rock/step right to right side, Recover weight onto left (twinkle styling)  
左足於右足前交叉踏, 右足右下沉, 左足回復(華士步)
- 4-6 Cross/step right over left, Step left to left side, Step right behind left 9.00  
右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏(9點鐘)

## 第五段 □ Step L side, Drag R, Step R side, Drag L

- 1-3 Step left to left side, Drag right towards left for 2 counts  
左足左踏, 右足以2拍拖併
- 4-6 Step right to right side, Drag left towards right for 2 counts 9.00  
右足右踏, 左足以2拍拖併

## 第六段 □ Step on L turning ¾ turn L, Raise knee & Hold, Rock R fwd, Hold, Hold

- 1-3 Step left to left side turning ¼ turn left, Make a further ½ turn left raising right knee, Hold  
12.00  
左轉90度左足左踏, 左轉180度右膝抬, 候(面向12點鐘)
- 4-6 Rock/step right forward, Hold, Hold  
右足前下沉, 候, 候

## 第七段 □ Rock L back sweeping right, Back R twinkle

- 1-3 Recover weight back on left sweeping right clockwise for 2 counts and behind left 12.00  
左足回復, 右足以2拍繞至後(面向12點鐘)
- 4-6 Step right behind left, Rock/step left to left side, Recover weight onto right (twinkle style travelling back) 12.00  
右足於左足後交叉踏, 左足左下沉, 右足回復(後華士步)(面向12點鐘)

## 第八段 □ Back L twinkle, Step R back dragging L

- 1-3 Step left behind right, Rock/step right to right side, Recover weight onto left (twinkle style travelling back)  
左足於右足後交叉踏, 右足右下沉, 左足回復(後華士步)
- 4-6 Step right back dragging left towards right for 2 counts (open right shoulder and turn body slightly right) 12.00  
右足後踏, 左足以2拍拖併(身體略轉向右)(面向12點鐘)

**\*\*\* Restart on Wall 4 here facing back wall.\*\*\***

**第四面牆跳至此, 面向後面牆, 從頭起跳**

**第九段□Step L fwd dragging R, Step R fwd dragging L**

- 1-3 Stride/step left forward dragging right towards left for 2 counts (large step forward)  
左足前一大步, 右足以2拍拖併
- 4-6 Stride/step right forward dragging left towards right for 2 counts (large step forward) 12.00  
右足前一大步, 左足以2拍拖併(面向12點鐘)

**第十段□Step L fwd dragging R, Cross/rock R, Recover L, Step R**

- 1-3 Stride/step left forward dragging right towards left for 2 counts (large step forward)  
左足前一大步, 右足以2拍拖併
- 4-6 Cross/rock right over left, Recover weight back on left, Step right slightly to right side 12.00  
右足於左足前交叉下沉, 左足回復, 右足略右踏(面向12點鐘)

**第十一段□Cross/step L, Spiral turn R, Rock R to R, Hold, Hold**

- 1-3 Cross/step left over right, Spiral full turn right on left for 2 counts 12.00  
左足於右足前交叉踏, 重心在左足以2拍右螺旋轉(面向12點鐘)
- 4-6 Rock/step right to right side, Hold, Hold 12.00  
右足右下沉, 候, 候(面向12點鐘)

**第十二段□½ turn L sweeping R, R twinkle fwd**

- 1-3 Recover weight onto left turning ¼ turn left, Sweep right counter-clockwise making a ¼ turn left 6.00  
左轉90度左足回復, 左轉90度右足以2拍繞至前(面向6點鐘)
- 4-6 Cross/step right over left, Rock/step left to left side, Recover weight onto right (twinkle style travelling forward)  
右足於左足前交叉下沉, 左足左下沉, 右足回復(華士步)

**第十三段□Cross/step L sweeping right, R twinkle fwd**

- 1-3 Cross/step left over right and slightly forward, Sweep right counter-clockwise for 2 counts 6.00  
左足於右足前交叉踏, 右足以2拍繞至前(面向6點鐘)
- 4-6 Cross/step right over left, Rock/step left to left side, Recover weight onto right (twinkle style travelling forward)  
右足於左足前交叉下沉, 左足左下沉, 右足回復(華士步)

**第十四段□Cross/step L sweeping R, Cross/step R, Raise L knee into position 4, Hold**

- 1-3 Cross/step left over right and slightly forward, Sweep right counter-clockwise for 2 counts 6.00  
左足於右足前交叉踏, 右足以2拍繞至前(面向6點鐘)
- 4-6 Cross/step right over left and slightly forward, Raise & bend left knee into position 4 next to right, Hold  
右足於左足前交叉踏, 左膝靠右小腿呈數字4, 候

**第十五段□L twinkle ¼ turn L, Cross/rock R, Hold, Hold**

- 1-3 Cross/step left slightly over right, Step onto right making a ¼ turn left, Step left to left side 3.00  
左足於右足前交叉踏, 左轉90度右足踏, 左足左踏(面向3點鐘)
- 4-6 Cross/rock right over left, Hold, Hold 3.00  
右足於左足前交叉下沉, 候, 候(面向3點鐘)

**第十六段□Rock L back sweeping right back into ¼ turn R, Rock R back, Hold, Hold**

- 1-3 Recover weight onto left sweeping right back into ¼ turn right for 2 counts 6.00  
左足回復, 右轉90度右足以2拍繞至後

4-6 Rock/step right back, Hold, Hold (open right shoulder up and turn body slightly right) 6.00  
右足後踏, 候, 候(身體略轉向右)

**Bridge Notes: On Wall 7 you will modify the dance to perform the bridge, this happens after count 36:**

**34-36 Rock/step right forward, Hold, Hold (facing back wall)**

**Then proceed with the bridge (hit the breaks of the music):**

**第七面牆跳至第34-36拍(右足前踏, 候, 候, 面向後面牆)時, 配合音樂節奏改跳下列舞步**

37-39 Recover weight back on left, make 1/2 turn right & step right forward, step left forward

(Bridge 1-3) 左足後回復, 右轉180度右足前踏, 左足前踏

40-42 Point right toe to right, Hold, Hold

(Bridge 4-6) 右足趾右點, 候, 候

43-45 Hold, Stretch right arm forward, Stretch left arm forward

(Bridge 7-9) 候, 右手向前伸直, 左手向前伸直

46-48 Pull arms towards body slowly taking weight onto right

(Bridge 10-12) 雙手慢慢放下, 重心在在右腳

**Continue dance from count 49 (Stride steps forward)**

**接續第49拍前一大步的動作**

**Styling Tips:**

\* It might help using a 1&a2&a rolling count to assist with the timing

可以試著以1&a2&a的方式去數拍

\* Really step out the first 6 counts, use the last count of the dance to prep and push off into the beginning

整首舞曲的最後一拍候住準備推動一開始的6拍

\* Use your arms, feels great

照感覺去自然舞動你的雙手

\* Emphasize all the drags

每個拖併都是2拍完成

\* Travel on the twinkles

都以華士步做前後移動

\* Big strides fwd on counts 49-57

在第49-57拍要前跨大步

\* Let your body naturally turn while dancing

讓身體隨著舞動自然轉動

\* Hit the breaks of the music in the bridge

在Bridge時聽音樂節奏

\* Turn to the front wall on count 13 to end the dance

最後跳到第13拍轉向前面牆結束舞曲

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