

Lydia's Waltz

拍数: 48 墙数: 1 级数: Beginner
编舞者: Cheryl Sjolund (USA) - November 2014
音乐: Somebody Loves You (That's Me) - Scooter Lee



Alt. music:-

"I Don't Want to Say Goodbye" Teddy Thompson

"Their Hearts are Dancing" The Forrester Sisters

"Christmas Wishes" Anne Murray

#12 Count Intro – Somebody Loves You (That's Me)

BASIC WALTZ FORWARD & BACK

1-2-3 Step left forward with left, step right together, step left together

4-5-6 Step right back, step left together, step right together

LEFT TWINKLE, RIGHT TWINKLE WITH TURN ¼ RIGHT

1-2-3 Cross left over, step right side, step left in place

4-5-6 Cross right over, step left back, turn ¼ right, step right side (3:00)

BASIC WALTZ FORWARD & BACK

1-2-3 Step left forward, step right together, step left together

4-5-6 Step right back, step left together, step right together

LEFT TWINKLE, RIGHT TWINKLE WITH TURN ½ RIGHT

1-2-3 Cross left over, step right side, step left in place

4-5-6 Cross right over, step left back, turn ½ right, step right side (9:00)

BASIC WALTZ FORWARD & BACK

1-2-3 Step left forward, step right together, step left together

4-5-6 Step right back, step left together, step right together

LEFT TWINKLE, RIGHT TWINKLE WITH TURN ¼ RIGHT

1-2-3 Cross left over, step right side, step left in place

4-5-6 Cross right over, step left back, turn ¼ right, step right side (12:00)

CROSS OVER WALTZ, CROSS OVER WALTZ

1-2-3 Cross left over, step/rock side right, step left side

4-5-6 Cross right over, step/rock side left, step right side

WEAVE RIGHT, STEP, DRAG LEFT FOOT, HOLD

1-3 Cross left over, step right side, cross left behind

4-6 Large step right with right, drag and touch left together, hold.

This dance reinforces basic beginner steps of the Waltz and also a slow progression of a full turn.
(For L.I.L.) An inspiration to us all.

Last Update - 18th Nov 2014