A Waltz for Megan

拍数: 48

级数: Improver

编舞者: Sue Wilson (NZ) - November 2010

音乐: Amazing Grace - The Sporran Brothers

No Tags or Restarts

Cross Waltz, Cross, 1/2 R Bck, 1/2 R Fwd, L Waltz Fwd, R Slow Coaster

- 1 3L Cross, Step R beside L, Step L beside R
- 4 6 R Cross in front, 1/4 R Step Bck, 1/2 R Step Fwd
- 1 3 L Waltz Step Fwd,
- 4 6 R Slow Coaster, [Step Back, Close L Beside R, Step R Fwd]

L Fwd, Pivot ¼ R, Cross, R Weave, L Cross Pt R, HOLD, R Behind, Sweep L to Bck

- 1 3 L Step Fwd, Pivot ¼ R, L Cross over R
- 4 6 Weave to Right – [R Side, Behind, Side]
- 1 3L Cross over R, Point R to Side, HOLD
- 4 6 R Cross Behind, Sweep L Foot out and behind L [2cts]

L Back, Rock, Step, R Fwd, Rock , ¼ R Side, Cross, ¼ L Bck, ½ L Fwd, R Fwd Waltz

- 1 3L Step Back, Rock Fwd onto R, Step L Fwd
- 3 6 R Step Fwd, Rock Back onto L, 1/4 R Stepping R to Side
- 1 3 L Cross in Front, 1/4 L Step Back, 1/2 L Step Fwd
- 4 6 R Waltz Step Fwd

L [L Diag] Back, Cross, Back, R [Diag] Back, Cross, Back, L Slow Coaster, Step Sweep

- 1 3 L [Diagonal] Step Back, Cross R over L, L Step Back
- 4 6 R [Diagonal] Step Back, Cross L over R, R Step Back
- 1 3 L Step Back, R Close together, L Step Fwd
- 4 6 R Long Step Fwd, Sweep L Foot out and in front R [2cts]

I dedicate this dance to my Mum, who has supported me with my dancing in every way. Use your arms to flow with the dance and feel the music. Enjoy.

Contact - Email: sioux.wilson@yahoo.com.au





墙数: 2