

Legend In My Time

拍数: 48 墙数: 4 级数: Phrased Novice waltz
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音乐: (I'd Be) a Legend in My Time - Mandy Barnett



Sequence: A – A – B – A – A – B – A – End

A : 24 counts

A01: □ Basic waltz forward with ½ turn left – Basic waltz back

1-2-3 LF. step ½ turn left forward – RF. step back – LF. step together beside RF. [6]
4-5-6 RF. step back – LF. step beside RF. – RF. step on de place beside LF.

A02: □ Twinkle forward – Twinkle with ½ turn right

1-2-3 LF. cross over RF. – RF. step to the right side – LF. step beside RF.
4-5-6 RF. step ¼ turn right forward – LF. step ¼ turn right forward – RF. step beside LF. [12]

A03: □ Weave to right side – Side rock – Recover with ¼ turn left – Step right forward

1-2-3 LF. cross over RF. – RF. step to the right side – LF. cross behind RF.
4-5-6 RF. rock to the right side – Rec. weight onto LF. with ¼ turn left – RF. step forward [9]

A04: □ Basic waltz forward with ½ turn left – Step back – Side rock – Recover

1-2-3 LF. step ½ turn left forward – RF. step back – LF. step together beside RF. [3]
4-5-6 RF. step back – LF. rock to the left side – Recover weight onto RF.

B : 24 counts

B01: □ Lunge – Recover – Step back – Rolling vine full turn to right

1-2-3 LF. rock diagonally right forward – Recover weight onto RF. – LF. step back
4-5-6 RF. step ¼ turn right fwd. – LF. step ½ turn right back – RF. step ¼ turn to the right side

B02: □ Cross over – Side rock - Recover (2 x)

1-2-3 LF. cross over RF. – RF. rock to the right side – Recover weight onto LF.
4-5-6 RF. cross over LF. – LF. rock to the left side – Recover weight onto RF.

B03: □ Lunge – Recover – Step back – Step forward – Sweep ½ turn right (back to front) – Side touch

1-2-3 LF. rock diagonally right forward – Recover weight onto RF. – LF. step back
4-5-6 RF. step forward – LF. sweep ½ turn right from back to front – LF. touch to the left side

B04: □ Cross over – Touch – Hold – Cross over – Unwind ½ turn left – Step together

1-2-3 LF. cross over RF. – RF. touch to the right side - Hold
4-5-6 RF. cross over LF. – LF./RF. ½ turn left – RF. step beside LF. (Weight onto RF.)

End :

E01: □ Twinkle forward – Twinkle with ½ turn right

1-2-3 LF. cross over RF. – RF. step to the right side – LF. step beside RF.
4-5-6 RF. step ¼ turn right forward – LF. step ¼ turn right forward – RF. step beside LF.

E02: □ Weave to right side – Side rock – Recover with ¼ turn left – Step forward

1-2-3 LF. cross over RF. – RF. step to the right side – LF. cross behind RF.
4-5-6 RF. rock to the right side – Recover weight onto LF. with ¼ turn left – RF. step forward

E03: □ Step forward – Cross over – Turn left slowly to 12 .00

1-2-3 LF. step forward – RF. cross over LF. – Turning left slowly to 12.00

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