

Box Step Waltz

拍数: 36 墙数: 4 级数: Beginner
编舞者: Ilona Tessmer-Willis (USA) - May 2016
音乐: Any Slow Waltz aka English Waltz



Options given on step sheet are also shown in demo video.

Song suggestions:

"All In My Heart" John Michael Montgomery (Google Play • iTunes • AmazonMP3)
"Are You Lonesome Tonight" Engelbert Humperdinck (Google Play • iTunes • AmazonMP3)
"Misery" Pink & Steven Tyler (Google Play • iTunes • AmazonMP3)
"I Forgot More Than You'll Ever Know" The Davis Sisters (Google Play • iTunes • AmazonMP3)
"I'm So Lonesome I Could Cry" B J Thomas (Google Play • iTunes • AmazonMP3)
"My Cherie" Al Martino (Google Play • iTunes • AmazonMP3)
"Sam" Olivia Newton John (Google Play • iTunes • AmazonMP3)
"Dancing Like Lovers" Mary MacGregor (Google Play • iTunes • AmazonMP3)

S1: R BACK BASIC BOX STEP

1-3 R Step Back, L Step to Left Side, R Step next to L (weight on right)
4-6 L Step Forward, R Step to Right Side, L Step next to R (weight on left)

S2: R FORWARD BASIC BOX STEP

7-9 R Step Forward, L Step to Left Side, R Step next to L (weight on right)
10-12 L Step Back, R Step to Right Side, L Step next to R (weight on left)

S3: R & L BALANCE STEP (Option to Turn: counts 13, 14, 15-- R Full Turn (R L R))

13-15 R Step to Right Side, L Step beside R, R Step next to L (weight on right)
16-18 L Step to Left Side, R Step beside L, L Step next to R, (weight on left)

S4: 1/4 RIGHT TURN: R BALANCE STEP, L BALANCE STEP (Option to Turn: counts 19 20 21---R 1/4 Turn (R L R))

19-21 Turn 1/4 Right: R Step to Right Side, L Step next to R, (balance on right)
22-24 L Step to Left side, R Step beside L, L Step next to R (weight on left)

S5: R FORWARD BOX STEP

25-27 R Step Forward, L Step to Left side, R Step next to L (weight on right)
28-30 L Step Back, R Step to Right Side, L Step next to R (weight on left)

S6: CROSS ROCK L, CROSS ROCK R (OPTION: OMIT CROSS ROCKS, REPEAT S5 COUNTS 31-36)

31-33 Rock R over L, Recover L, R Step to Right Side
34-36 Rock L over R, Recover, R, L Step to Left Side

Fun fact: The term Slow Waltz, English Waltz, American Smooth or simply Waltz is used to differentiate from the Viennese Waltz, which is danced using only turns & "change steps" (switch directions) at a faster speed with different footwork. In those countries that dance the Viennese Waltz, the slower waltz is referred to as the English Waltz. When waltz is danced at a wedding in non-Viennese Waltz countries, it is often danced very slow, more romantic than ballroom. Source: a dance instructor

Please, don't alter this step sheet in any way when posting to the internet but keep in original form. Thank you.

Contact: hel.38@att.net for comments or questions

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