

Time Is A Healer

拍数: 48 墙数: 2 级数: Intermediate waltz
编舞者: Noel Roos (SA) - May 2016
音乐: Time Is a Healer - Eva Cassidy



#30 Count Intro - No Tags And No Restarts

SECTION 1: HALF WALTZ DIAMOND

- 1-2-3 Step Forward On L Diagonally (1:30), Step Right To Side Making $\frac{1}{4}$ Turn Left (10:30), Step Back On L Diagonally
4-5-6 Step Back On R Diagonally, Step L To Side Making $\frac{1}{4}$ Turn Left (7:30), Step Forward On R diagonally

SECTION 2: BOX STEP, $\frac{1}{2}$ TURN ON HEELS

- 1-2-3 Step L Forward, Step R To Side, Step L Beside R
4-5-6 Step Right Back, Step R Beside L, Make A $\frac{1}{2}$ Turn Left On The Heels (12:00)

SECTION 3: SWAY/POSE, 1 $\frac{1}{4}$ ROLLING VINE

- 1-2-3 Step R To Side And Hold As You Pose
4-5-6 Step L To Side $\frac{1}{4}$ Turn Left, Step R Back With A $\frac{1}{2}$ Turn Left, Step L To Forward With A $\frac{1}{2}$ Turn (3:00)

SECTION 4: STEP, $\frac{1}{4}$ TURN RIGHT, STEP $\frac{1}{2}$ TURN, LOCK STEP BACK

- 1-3 Step Forward R, Step Forward L Making A $\frac{1}{4}$ Right, Step R In Place
4-5&6 Step L Diagonally Forward (1:30), Make A $\frac{1}{4}$ Turn Left Step R Back, Lock Step L And R Back

SECTION 5: $\frac{1}{2}$ TURN LEFT, PIVOT $\frac{1}{2}$ TURN, $\frac{1}{2}$ TURN RIGHT, LOCK STEP BACK

- 1-3 $\frac{1}{2}$ Turn Left Stepping Forward On L, Step Forward R Pivot $\frac{1}{2}$ Turn Left, Step L In Place
4-5&6 Step Forward R Making $\frac{1}{2}$ Turn Right, Step Back On L, Lock Step R And L Back

SECTION 6: $\frac{1}{2}$ TURN, FULL TURN RONDE, STEP FORWARD DEVLOPE

- 1 $\frac{1}{2}$ Right Stepping Forward On R (7:30)
2-3 Sweeping L From Behind Make A Full Turn Ronde Right
4-5 Step Forward On L And Develop R Leg

SECTION 7: STEP BACK, CHASSE $\frac{1}{4}$ LEFT, CROSS UNWIND FULL TURN

- 1-2&3 Step Back On R, Chasse Left Stepping Lrl Making A $\frac{1}{4}$ Turn
4-6 Cross R Over Left And A Slow Unwind Full Turn (9:00)

SECTION 8: BALANCE STEP FORWARD, 1 $\frac{1}{4}$ ROLLING VINE

- 1-3 Step Forward On L, Rock Forward On R, Recover
5-6 $\frac{1}{4}$ Turn Right Stepping R To Side, Full Turn Right Stepping L Back, Step R To Side (6:00)

Breathe And Start Again
