

# Anchor Me Back Down Waltz

COPPER KNOB  
BY STEPHEN

拍数: 24                      墙数: 4                      级数: Intermediate waltz  
编舞者: Helaine Norman (USA) - October 2018  
音乐: Anchor - Mindy Gledhill



**Note: Music slows down at times. Just keep dancing to its rhythm. Tags are easy to hear in the music.**

## I. WALTZ BALANCE

1-3                      Step L forward, step R together, step L together  
4-6                      Step R back, step L together, step R together

## II. MODIFIED TWINKLES

1-3                      Step L over, rock R side, recover to L together  
4-6                      Step R over, rock L side, recover to R side (not together)

## III. Ronde Behind Side Cross, Side Drag

1-3                      Sweep (small) L behind R, step R side, step L over R  
4-6                      Step (big) R side, drag L together

## V. ¼ L TURN, POINT HOLD, BACK, POINT HOLD

1                        Step L making ¼ turn left  
2-3                      Point R side, hold  
4                        Step R back  
5-6                      Point L side, hold

## REPEAT

6-                      COUNT TAG: FORWARD, ½ PIVOT L TURN; WALTZ BACK  
1                        Step L forward  
2-3                      Step R forward making ½ pivot turn left, weight to L  
4-6                      Step R back, step left together, step right together

End of wall 2 facing 6:00

End of wall 4 facing 6:00

End of wall 8 facing 12:00

End of wall 12 - end with the tag facing 12:00. Replace the back waltz with step R back, drag L together (weight stays on R), pose.

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Last Update - 14 Feb 2022 R2