

Forever a Star (P)

拍数: 54 墙数: 0 级数: Improver Partner
编舞者: Dick Rogers (USA) & Nancy Rogers (USA) - March 2019
音乐: Let the Light Shine On You - Doug Stone
或: any slow to medium tempo waltz



A waltz for Susan. You are a star!

Note: Steps are for Lead; Follow steps opposite, except where noted.

Starting position: Apart and facing; Lead facing wall and Follow facing center.

WOULD YOU LIKE TO DANCE? / NOT NOW, THANKS / HOW ABOUT NOW? / OK

1-3 Step LF fwd, step RF beside LF, transfer weight to LF (pattycake with both hands)

4-6 Step RF back, step LF beside, transfer weight to RF (separate to apart)

1-3 Step LF fwd, step RF beside LF, transfer weight to LF (close to ballroom hold)

4-6 Settle together and transfer weight to Lead's RF and Follow's LF (take a moment to pause and adjust hold so ready to start waltz box)

STAR: LEFT TURNING WALTZ BOX

1-3 Step LF $\frac{1}{4}$ L fwd (toe out), swing RF to R, step LF beside RF

4-6 Step RF $\frac{1}{4}$ L back (toe in), swing LF to L, step RF beside LF

1-6 Repeat 1-6 above (end with Lead facing wall and Follow facing center)

FIRST $\frac{1}{4}$ OF LEFT TURNING WALTZ BOX, OUTSIDE UNDERARM TURN TO SIDE-BY-SIDE

1-3 Step LF $\frac{1}{4}$ L fwd (toe out), swing RF to R, step LF beside RF

4-6 Lead: Raise LH to lead outside turn and step back on RF, LF beside RF, trans weight to RF

Follow: Step fwd on LF, step $\frac{1}{4}$ turn R on RF, turn $\frac{1}{4}$ R and step LF beside RF ending in side-by-side with inside hands joined

CLOSE TO PATTYCAKE, OPEN, CLOSE, INSIDE TURN TO SIDE-BY-SIDE FORWARD

1-3 Step LF $\frac{1}{4}$ L fwd (toe out) and start to close to pattycake with RH/LH, swing RF to R, step LF beside RF (end facing in butterfly position)

4-6 Step RF $\frac{1}{4}$ R fwd (toe out) and start to open to back-to-back, swing LF $\frac{1}{4}$ R to L side, step RF beside LF (end back-to-back with arms spread to sides)

1-3 Step LF $\frac{1}{4}$ L fwd (toe out) and start to close to pattycake with RH/LH, swing RF $\frac{1}{4}$ L to R side, step LF beside RF

(end facing in butterfly position)

4-6 Lead: Step RF $\frac{1}{4}$ R fwd leading FW into inside turn fwd, step fwd LF, step fwd RF (punch through with LH/RH)

Follow: Step LF $\frac{1}{4}$ L fwd, pivot $\frac{1}{2}$ L on ball of LF and transfer weight to RF (end back to LOD), pivot $\frac{1}{2}$ L on ball of RF and transfer weight to LF (end facing LOD in side-by-side position with inside hands joined)

STEP FWD, SIDE ROCK AND CLOSE, RECOVER, CROSS STEP AND TURN $\frac{1}{4}$ R

1&2-3 Step fwd LF and prep J-lead (1), turn $\frac{1}{4}$ L and J-lead to initiate turn for FW to face LD (&), rock step RF to R and bring FW in to closed hold (2), recover on LF (do not move LF from previous position) (3)

4-6 Cross step RF over LF, turn $\frac{1}{4}$ R and step LF to L, step RF beside LF (maintain closed hold; end facing LOD)

STEP BACK AND TURN $\frac{1}{4}$ (2nd $\frac{1}{4}$ OF RIGHT TURNING WALTZ BOX), SEPARATE TO FACING APART

1-3 Step LF $\frac{1}{4}$ R back (toe in), step RF to R, step LF beside RF

4-6 Lead: Step RF fwd and initiate separation, rock back on LF and separate to facing apart, step RF beside LF

Follow: Step back on LF, step RF beside LF, step in place and transfer weight to LF

START OVER

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