

My Waltzing Heart

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Phrased Intermediate
编舞者: Anthony Kusanagi (INA) - January 2020
音乐: Chinese Slow Waltz (其实你不懂我的心)



Pattern: A - A - A(1-18) - TAG - A - A - B - A - A(1-8) - B - A - A(1-12) - ENDING POSE
Start dancing on Vocal.

SECTION A: 24 Counts

I. FORWARD BASIC - BACKWARD BASIC

1-2-3 L step forward, R step next to L, L step next to R
4-5-6 R step backward, L step next to R, R step next to L

II. TWINKLE - VINE

1-2-3 turn 1/8 to right then L step forward (01.30), turn 1/8 to left then R step slightly to side (12.00), turn 1/8 to left then L step forward (10.30)
4-5-6 R step forward (10.30), turn 1/8 to right then L step to side (12.00), turn 1/8 to right then R step backward (01.30)

(ENDING POSE will be here, see the Pattern above)

III. THREE STEPS TURN - CURVING FEATHER

1-2-3 turn 1/2 to left then L step forward (07.30), turn 1/2 to left then R step backward (01.30), turn 1/2 to left then L step forward (07.30)

(Easier Option for count 1-3: turn 1/2 to left then walk forward on L, R, L (07.30))

4-5-6 R step forward (07.30), turn 1/8 to left then step forward on L, R (06.00)

(TAG will be here, see the Pattern above)

IV. SWAY - SLIDE - LEG SWING

1-2-3 L step to side with sway action to left on upper body, sway action to right, to left
4-5-6 R makes a big step to right side, L swing to left side for 2(two) counts

(Arm Style: R Arm upward toward Body Center on count 5-6)

SECTION B: 24 Counts

I. FORWARD STEP - FULL TURN SWEEP - LUNGE FORWARD

1-2-3 turn 1/8 to right then L step forward (01.30), R makes a full turn to left sweep action on toe for 2(two) counts (01.30)

4-5-6 R bends forward (01.30), recover to L, R step next to L

(Easier Option for count 1-3: turn 1/8 to right then L step forward (01.30), R sweep forward for 2(two) counts (01.30))

II. CURVING FEATHER - FORWARD STEP - 3/4 TURN ATTITUDE

1-2-3 L step forward, R step forward (01.30), turn to left then L step forward (12.00)

4-5-6 R step forward, turn 3/4 to right on R while L on attitude position for 2(two) counts (09.00)

III. THREE STEPS TURN - WHISK

1-2-3 turn 1/8 to left then L step forward (07.30), turn 1/2 to left then R step backward, turn 1/2 to left then L step backward (07.30)

4-5-6 R step forward, turn 1/8 to left then L step behind R (06.00), R step in place (06.00)

IV. CLOSE STEP - UPPER BODY ROLL - HITCH - LEAN BACK - CLOSE STEP

1-2-3 L step next to R, upper body rolls (left-back-right-front) for 2(two) counts

4-5-6 R hitch forward, R kick forward while upper body leans back, R step next to L

TAG: (3 Counts)

There is a TAG on the 3rd times of Part A (see the PATTERN above). Dance normally Part A from Session I to Session III then do the TAG. For an elegant Tag do the following steps. We will start the TAG by facing 06.00. Turn 3/8 to left and run forward toward 01.30 as shown below:

I. TURN 3/8 TO LEFT - FORWARD STEP - FORWARD RUN

1 turn 3/8 to left then L step forward (01.30)

2&3 run forward on R, L, R (01.30)

(Note: After the TAG above, repeat Section A by facing 12.00.)

RESTART: There is a Restart on this dance on Part A (see the PATTERN above). Dance Part A Session I (count 1 to 6) only then follow the dance with Part B.

ENDING POSE

I. CROSS BEHIND - STRETCHED - ARM UPWARD

1 L cross behind over R on toe,

2-3 R bend down while L stretched on toe

(Arm Style: R arm stretched upward for counts 1-3)

Enjoy the Dance

For more information, please kindly contact us on:
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