

Tenderfoot Waltz (L/P)

COPPERKNOB
BY STEPHEN

拍数: 24 墙数: 1 级数: Beginner / Improver - Line / Partner
编舞者: Dick Rogers (USA) & Nancy Rogers (USA) - May 2020
音乐: Vaya Con Dios - Justin Johnson



Also:-

Are You Lonesome Tonight (Tony Anderson String Orchestra) [90 bpm];
Broken Heartstrings (Rita MacNeil) [92 bpm]; any slow waltz music 80-110 bpm

NOTE: No tags, no restarts. Steps described for Lead. Follow-steps opposite except where noted.
Abbrev.: fwd = forward; L = left; R = right; LF = left foot; RF = right foot; Lead = Lead role; Follow = Follow role

BALANCE FORWARD AND BACK

1-3 Step LF fwd, step RF beside LF, step LF in place
4-6 Step RF back, step LF beside RF, step RF in place

Variation: Swing balance forward and hook balance back: For 1-3, step LF fwd and swing R leg fwd slowly and point fwd or slightly off floor; for 4-6, step RF back and drag LF back to cross R leg in a toe touch or hook.

HALF TURNING BOX TO LEFT

1-3 Step LF fwd and $\frac{1}{4}$ turn L, step RF to R, slide LF to RF
4-6 Step RF back and $\frac{1}{4}$ turn L, step LF to L, slide RF to LF

Variation: For 1-3, complete a $1\frac{1}{4}$ turn to L by stepping LF fwd with $\frac{1}{4}$ turn L, step RF small step to L and spin $\frac{1}{2}$ L, step LF in place and spin $\frac{1}{2}$ L.

CHANGE STEP FORWARD STARTING LF

1-3 Step LF fwd, step RF to R, slide LF to RF

HALF TURNING BOX TO RIGHT

1-3 Step RF fwd and $\frac{1}{4}$ turn R, step LF to L, slide RF to LF
4-6 Step LF back and $\frac{1}{4}$ turn R, step RF to R, slide LF to RF

Variation: For 1-3, complete a $1\frac{1}{4}$ turn to R by stepping RF fwd with $\frac{1}{4}$ turn R, step LF small step to R and spin $\frac{1}{2}$ R, step RF in place and spin $\frac{1}{2}$ R.

CHANGE STEP FORWARD STARTING RF

1-3 Step RF fwd, step LF to L, slide RF to LF

START OVER

Last Update - 29 May 2020