

Trillium Twirl Waltz (L/P)

COPPER KNOB
STEPSHEETS

拍数: 30 墙数: 2 级数: Improver
编舞者: Dick Rogers (USA) & Nancy Rogers (USA) - September 2021
音乐: Cowboy Life - Rusty Truck
或: Dance with Me - Folk Soul Revival
或: Tennessee Whiskey - Chris Stapleton



Other Music: Dance With Me (Folk Soul Revival) [133 bpm; start after 42 sec intro]; Tennessee Whiskey (Chris Stapleton) [152 bpm / 6/8]; Lose Control (Teddy Swim) [159 bpm / 6/8]

NOTE: No tags, no restarts. A fast waltz. Steps described are for solo dancer, or for Lead if done as a partner dance in closed hold.

[1-6] SWAY L AND R (Var. Side, rock behind, recover, repeat other side)

1-3 Step LF to L (1), sway hips L and RF drifts toward LF (2-3)
4-6 Step RF to R (4), sway hips R and LF drifts toward RF (5-6)

[7-12] WALTZ FWD ¼ TURN L, WALTZ BACK ¼ TURN L

1-3 Step LF FWD ¼ turn L (1), step RF beside LF (2), transfer weight to LF in place (3)
4-6 Step RF back ¼ turn L (4), step LF beside RF (5), transfer weight to RF in place (6)

[13-18] SWING BALANCE FWD WITH POINT, BALANCE BACK WITH HOOK

1-3 Step LF FWD (1), swing R leg FWD and point RF low to floor 3 (2-3)
4-6 Step RF back (4), drag LF across R leg and hook (5-6)

[19-24] VIENNESE WALTZ REVERSE TURN (CCW): TURN, SIDE, CROSS, BACK, HEEL PIVOT

1-3 Step LF FWD and turn 1/4 L (1), step RF small step to R (2), pivot 1/4 L on ball of RF and cross LF over RF with weight (3)
4-6 Step back on RF (4), step LF beside RF with weight on L heel and pivot 1/4 L (5), allow momentum to continue pivot another 1/4 L and transfer weight to RF (6)

Easier version: Two quick triple-step half turns.

[25-30] STEP FWD, POINT, HOLD, STEP BACK, DRAG, TOUCH

1-3 Step LF FWD (1), point RF toe to R (2), hold (3)
4-6 Step RF back (4), drag LF toward RF (5), touch LF toe beside RF (6)

START OVER

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