

Waltz of a Lifetime

拍数: 48 墙数: 4 级数: Beginner
编舞者: Lorraine Macmillan (NZ) - December 2021
音乐: Waltz of a Lifetime - Dave Sheriff



Start: On the 4th word of the vocals: "waltz" (If I could Waltz)

WALTZ TO LEFT DIAGONAL AND BACK

1-3 Facing the left diagonal, step forward on L, step R beside L, step L beside R
4-6 Step R back, Step L beside R, Step R beside L

WALTZ TO THE RIGHT DIAGONAL AND BACK

7-9 Facing the right diagonal, step forward on L, step R beside L, step L beside R
10-12 Step R back, Step L beside R, Step R beside L

ROCK, RECOVER, STEP TO SIDE, ROCK ACROSS, RECOVER, STEP TO SIDE

13-15 Facing R diagonal: Step L forward, recover on R, step L next to R (turning slightly to face 12 o'clock)
16-18 Rock R over L, recover on L, step R next to L

BOX

19-21 Step L forward, step R to side, step L beside R
23-24 Step R back, step L to side, step R beside L

TWINKLES

25-27 Step L across R, Step R to the side, Step L next to R
28-30 Step R across L, Step L to the side, Step R next to L

WALTZ FORWARD TURNING HALF L, WALTZ BACK WITH HEEL LIFT, DROP HEELS

31-33 Waltz forward L, R, L making ½ turn L
34 Step back R
35 Step L beside R, raising both heels
36 Drop both heels down

STEP FWD, POINT, HOLD, STEP BACK, POINT, HOLD

37-39 Step L forward, point R forward and to the side, hold
40-42 Step R back, point L back and to the side, hold

WALTZ TURNING ¼ L, WALTZ BACK

43-45 Turning a ¼ L Step L forward, Step R next to L, Step L next to R
46-48 Step R back, Step L beside R, Step R beside L

TO FINISH:

On final wall, dance steps 1-39, then: Turning ¼ R (to front wall), Step on R, point L to the side, Drag L to R.