

Progress Waltz

COPPER KNOB
BY STEPHENETS

拍数: 42 墙数: 4 级数: High Improver waltz
编舞者: Sandy Carty Hodges (USA) - August 2022
音乐: Progress - John Rich



Intro: _30 Cts._One Tag/ No Restarts

SECTION ONE: STEP FORWARD ON LEFT, TAP RIGHT TOE TWICE, STEP BACK ON RIGHT FOOT DOING A ½ TURN LEFT, STEP ON LEFT THEN ON RIGHT.

1-3 Step forward on left foot, tap right toe twice,
4-6 Step back on right foot while making a ½ turn left stepping on left foot, then on right foot.

SECTION TWO: REPEAT SECTION ONE:

1-3 Step forward on left foot, tap right toe twice,
4-6 Step back on right foot while making a ½ turn left stepping on left foot, then on right foot.

SECTION THREE: PRESS LEFT THEN RIGHT

1-3 Step left foot diagonal across right, step back on right, step left next to right.
4-6 Step right diagonal across left, step back on left, step right next to left.

SECTION FOUR: DIAGONAL (1:00) STEP LEFT, KICK RIGHT TWICE, ½ TURN LEFT, STEP RIGHT AND LEFT (7:00)

1-3 Step diagonal to right on left (1:00) kick right out twice,
4-6 Step back on right while making a ½ turn to the left (7:00) stepping on left then on right.

SECTION FIVE: DIAGONAL (7:00) STEP LEFT ,KICK RIGHT TWICE, ¾ RIGHT, (3:00) STEP LEFT , RIGHT LEFT.

1-3 Step diagonal to right, on left, at 7:00, kick right foot out twice,
4-6 Step back on right while doing a ¾ turn to the right at 3:00, stepping on left then right.

SECTION SIX: SIDE,ROCK RECOVER LEFT, THEN RIGHT.

1-3 Step left to left side, rock back on right, step back on left,
4-6 Step right to right, rock back on left, step back on right.

SECTION SEVEN: FULL TURN BASIC LEFT.

1-3 Basic step L-R-L forward making ½ turn left,
4-6 Stepping R-L-R making another ½ left.

****At the end of wall 3, at 9:00, there is a 6 count tag: Step forward left, point right toe, step forward right, point left toe. Start dance again.**

E.O.D. This is a fast waltz but lots of fun. Smile and enjoy.