

Regnar Och Regnar

COPPERKNOB
STEP SHEETS

拍数: 48 墙数: 2 级数: Low Intermediate Waltz
编舞者: Tono Bandung (INA) & Pipit Noviantini (INA) - December 2022
音乐: Regnar och regnar - Molly Hammar



No Tag No Restart

I. FWD SWEEP X2

1-3 Step R fwd (1) sweep L around front (2) (3)
4-6 Step L fwd (4) sweep R around front (5) (6)

II. FWD SWEEP, L TWINKLE

1-3 Step R fwd (1) sweep L around front (2) (3)
4-6 Cross L over right (4) rock right to R side (5) recover on L (6) 10.30

III. FWD DRAG, BACK DRAG

1-3 Step R fwd (1) drag L next to right (2) (hold)
4-6 Step L back (4) drag R next to left (5) (hold) 10.30

IV. FWD SWEEP 3/8, L TWINKLE

1-3 Step R fwd, sweeping 3/8 R (03.00)
4-6 Cross L over right (4) rock R to right side (5) recover on L (6)

V. CROSS TOUCH, BEHIND TOUCH

1-3 Cross R over L (1) touch left to L side (2) hold (3)
4-6 Cross L behind R (4) touch right to R side (5) hold (6) 03.00

VI. FWD, TURN 1/2, SWEEP

1-3 Step R fwd, turning 1/2 L
4-6 Step L fwd, sweeping R around front

VII. CROSS, SIDE, CROSS BEHIND, DRAG

1-3 Cross R over L (1) step L to left side (2) cross R behind left (3)
4-6 Step L to left side, dragging R next to L

VIII. FWD, TURN 1/4 L

1-3 Step R fwd (1) hold (2) hold (3)
4-6 Turn 1/4 L, step L to left side (4) hold (5) hold (6) (06.00)

ENJOY THE DANCE!