

# Rita's Waltz (Walker-Rollator)

**COPPER KNOB**  
STEPSHEETS

拍数: 24                      墙数: 4                      级数: Improver - Walker  
编舞者: Jo Thompson Szymanski (USA) - September 2014  
音乐: Somebody Loves You - Scooter Lee  
    或: Tucson Too Soon - Tracy Byrd  
    或: Fields Of Forever - Rick Tippe  
    或: Christmas Card - Scooter Lee  
    或: I Still Believe - Scooter Lee



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(Originally for her mom, Rita)

(Walker modifications provided, with Choreographer's permission, by A.J. Herbert, [ajluv2dans@gmail.com](mailto:ajluv2dans@gmail.com), Certified Group Exercise Instructor, National Exercise Trainer's Association (NETA), including ABLE Bodies Balance Training, FallProof!, and Fitness Over Fifty.)

## WALTZ BALANCE FORWARD, BACK, FORWARD, BACK

1-3                      Step L forward (1), Step R beside L (2), Step L in place (3).  
4-6                      Step R back (4), Step L beside R (5), Step R in place (6).  
1-6                      Repeat above 6 counts.

## WALTZ FORWARD BEGINNING 1/4 ARC LEFT, WALTZ BACK

1-3                      Step L forward (1), Step R beside L (2), Step L in place (3).  
4-6                      Step R forward (4), Step L beside R (5), Step R in place (6).  
1-3                      Step L back (1), Step R beside L (2), Step L in place (3).  
4-6                      Step R back (4), Step L beside R (5), Step R in place (6).

**START AGAIN FROM BEGINNING OF DANCE.**

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