

3:16 Easy Swing Waltz

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Absolute Beginner / Beginner
编舞者: Verity Mills (AUS) - October 2024
音乐: 3:16 - Anne Wilson
或: So This Is Christmas - John Lennon



Alternative Music: So This Is Christmas by John Lennon (Start 24 sec)

Intro: Start on Vocal

NO TAGS OR RESTARTS

See note below 24 count for AB 4 wall

FORWARD LEFT FOOT DRAG, BACK RIGHT FOOT DRAG

1,2,3 Large step forward on left, drag right toe and touch to left foot (2 count drag)
4,5,6 Step right foot back, drag left toe and touch to right foot (2 count drag)

LEFT FOOT TO LEFT SIDE DRAG, RIGHT FOOT TO RIGHT SIDE DRAG

1,2,3 Large step to left side, drag right toe and touch to right foot (2 count drag)
4,5,6 Large step to right side, drag left toe and touch to right foot (2 count drag)

STEP LEFT AND SWING. , STEP RIGHT AND SWING

1,2,3 Step left foot to left side, swing right foot across left and hold (1 count hold)
4,5,6 Step right foot to right side, swing left foot across right foot and hold (1 count hold)

SWAY HIPS LEFT , SWAY HIPS RIGHT AND POINT

1,2,3 Sway step left foot to left side whilst pushing left hip to left, hold, hold
4,5,6 Sway right hip to right side whilst pushing right to right hold and point left toe to right side

¼ TURN LEFT , FORWARD POINTS, BACK POINTS

1,2,3 Turn ¼ left, step left foot forward (9am) point right toe to right side, hold
4,5,6 Step right foot forward and point left toe to left side, hold

STEP LEFT BACK, STEP RIGHT FOOT BACK

1.2.3 Step left foot back behind right, point right toe to right side, hold
4,5,6 Step right foot back behind left and point left toe to left side, hold

STEP FORWARD ON LEFT, KICK RIGHT FOOT FORWARD, HOLD, HOLD

1,2,3 Step left foot forward swing and kick right leg (slow kick forward 2 counts)
4,5,6 Step right foot diagonally back facing 7.30 drag left toe across right shin and touch left toe next to right with left heel up (2 counts) 7.30

STEP FORWARD, 1/8 LEFT, AND BACK

1,2,3 Step left foot forward (7.30), drag right toe and touch right toe to left foot (7.30 (2 count)
4,5,6 Turn 1/8 left square up to (6pm) step right foot back, drag left toe next to right foot (2 count) now 6pm

FINISH: Dance first 12 counts, then large step to left, drag right toe to left and step down on right. 1,2,3

Note: ABSOLUTE BEGINNER dance 24 counts, turn ¼ left push off on right hip sway start dance 9am stepping left foot forward to start 4 wall routine

~ 4 weeks later introduce longer 2 wall version (no tags or restarts)

Enjoy

Split Floor: 3:16 Int by Josh Talbot + Travis Taylor

Last Update – 15 Nov. 2024 – R1
