

Lazy 8 Waltz

拍数: 48 墙数: 4 级数: Intermediate waltz
编舞者: Knox Rhine (USA)
音乐: Rock & Roll Waltz - Scooter Lee



- 1 Step forward-right across right leg with left foot
- 2 Rock back onto right foot
- 3 Step $\frac{1}{4}$ turn left with left foot
- 4 Pivot $\frac{1}{4}$ turn left on ball of left foot and step to right side with right foot
- 5 Step across behind right leg with left foot
- 6 Step to right side with right foot

- 7 Step forward-right across right leg with left foot
- 8 Rock back onto right foot
- 9 Step $\frac{1}{4}$ turn left with left foot
- 10 Pivot $\frac{1}{4}$ turn left on ball of left foot and step to right side with right foot
- 11 Step across behind right leg with left foot
- 12 Step to right side with right foot

- 13 Step $\frac{1}{4}$ turn left with left foot
- 14 Step forward with right foot
- 15 Pivot $\frac{1}{2}$ turn left on ball of left foot
- 16 Step forward with right foot
- 17 Pivot $\frac{1}{4}$ turn right on ball of right foot and step to left side with left foot
- 18 Rock to right side onto right foot

- 19 Step forward with left foot
- 20 Step $\frac{1}{4}$ turn left onto ball of right foot
- 21 Pivot $\frac{3}{4}$ turn left on ball of right foot, stepping forward with left foot
- 22 Step forward with right foot
- 23 Pivot $\frac{1}{2}$ turn right on ball of right foot, stepping back with left foot
- 24 Rock forward onto right foot

- 25 Step forward with left foot
- 26 Step $\frac{1}{4}$ turn left onto ball of right foot
- 27 Pivot $\frac{3}{4}$ turn left on ball of right foot, stepping forward with left foot
- 28 Step forward with right foot
- 29 Pivot $\frac{1}{2}$ turn right on ball of right foot, stepping back with left foot
- 30 Rock forward onto right foot

- 31 Step to left side with left foot
- 32 Rock to right side onto right foot
- 33 Step across behind right leg with left foot
- 34 Step to right side with right foot
- 35 Rock to left side onto left foot
- 36 Step across in front of left leg with right foot

- 37 Step to left side with left foot
- 38 Step across behind left leg with right foot
- 39 Step $\frac{1}{4}$ turn left with left foot
- 40 Step forward with right foot

- 41 Pivot $\frac{1}{2}$ turn left on ball of left foot
- 42 Pivot $\frac{1}{4}$ turn left on ball of left foot, stepping to right side with right foot

- 43 Step across behind right leg with left foot
- 44 Step $\frac{1}{4}$ turn right with right foot
- 45 Step forward with left foot
- 46 Pivot $\frac{1}{2}$ turn right on ball of right foot
- 47 Step forward with left foot
- 48 Pivot $\frac{1}{2}$ turn right on ball of right foot

REPEAT
