

Mabels Waltz

拍数: 48 墙数: 1 级数: Advanced waltz
编舞者: Neil Smith (UK)
音乐: Any Slow Waltz



LEFT TWINKLE - RIGHT TWINKLE

- 1 Step left diagonal forward over right (turning body 1/8 to right)
- 2 Step right diagonal forward to right
- 3 Replace weight to left (turning body 1/8 to left)
- 4 Step right diagonal forward over left (turning body 1/8 to left)
- 5 Step diagonal forward on left to left
- 6 Replace weight to right (turning body 1/8 to right)

HESITATION CHANGE - LEFT WHISK ¼ TURN

- 1 Step forward left
- 2 Close right to left
- 3 Hold & elevate to toes
- 4 Forward left
- 5 Side right ¼ turn to left (9:00)
- 6 Cross left behind right (turning upper body to 6:00)

RIGHT WHISK - ¾ TWIST TURN

- 1 Step forward right in pp (6:00)
- 2 Step side left facing (9:00)
- 3 Cross right behind left (turning upper body to 12:00)
- 4-5-6 Unwind ¾ turn to right finish facing (6:00) weight on right

BACK HEEL TURN - CHECK CHASSIS

- 1 Step back left
- 2 Close right to left making ½ turn to right
- 3 Step forward left (12:00)
- 4 Step right to right side
- 5 Replace weight to left
- & Close right to left
- 6 Step left to left side

CURVING FEATHER - BACK WALKS

- 1 Forward right (starting to turn right)
- 2 Forward left (turning right)
- 3 Forward right (turning right) (you have made ¼ turn to right 3:00)
- 4 Back left
- 5 Back right
- 6 Back left

BACK CURVING FEATHER - COASTER STEP

- 1 Back right (starting to turn left)
- 2 Back left (turning left)
- 3 Back right (turning left) (you have made ½ turn to left) (9:00)
- 4 Back left
- 5 Close right to left
- 6 Forward left

PUSH TURN - CONTRA CHECK SLIP PIVOT

- 1 Forward right
- 2 Forward left ½ turn to right (9:00)
- 3 Forward right
- 4 Check forward left relax knee
- 5 Replace weight to right
- 6 Step back left ¼ turn to right (6:00)

SYNCOPATED ½ TURN - FORWARD BASIC

- 1 Forward right
- 2 Forward left ½ turn to right (12:00)
- & Back on right
- 3 Back left
- 4 Forward right
- 5 Forward left
- 6 Forward right

REPEAT
