Minute Waltz



编舞者: Bill Bader (CAN)

音乐: Teach Me To Dance - Greg Holland



BACK/LEFT, BESIDE, BESIDE, BACK/RIGHT, BESIDE, BESIDE

1	Step back/left with	left keeping toe towards	front wall (12 o'clock)

Step right next to leftStep left next to right

4 Step back/right with right keeping toe pointed at front wall(12 o'clock)

5 Step left next to right6 Step right next to left

BACK, DRAW, CLOSE, FORWARD, FULL SPIN, ANCHOR FORWARD

1 Keeping right toe/ball on floor pointing forward: step left back behind right with left turning ¼ left. Upper body turns left to approximately 9 o'clock. Keep face forward towards 12 o'clock

2-3 Slide right toe back towards left instep gradually lifting right heel

4 Step right forward

5 Step left slightly forward onto a full spin right (full turn)

Acceptable to simply step forward slightly with left

6 Step right slightly forward (still facing 12 o'clock)

FORWARD, BESIDE, BESIDE, BACK, BESIDE, BESIDE

Step left forward
Step right beside left
Step left beside right
Step right back
Step left beside right
Step left beside right
Step right beside left

1/4 LEFT, FORWARD, 1/2 PIVOT, FORWARD, TOUCH, HOLD

1 Step left to left side turning ¼ left

2 Step right forward (toward 9 o'clock wall)

3 Pivot turn ½ left on left
4 Step right forward
5 Touch left beside right

6 Hold

REPEAT