

My Waltz

拍数: 48 墙数: 1 级数: Improver
编舞者: Phil Dennington (UK)
音乐: The Last Waltz - Engelbert Humperdinck



SIDE TOGETHER, FORWARD, BACK MODIFIED TWINKLES

1-2-3 Step left to left, step right beside left, step forward left

4-5-6 Turning $\frac{1}{2}$ left step back right, step back left, step back right

If the turn on count 4 is always $\frac{1}{2}$, the dance ends up being 1 wall. If it changes from wall to wall as $\frac{1}{2}$, $\frac{1}{4}$, $\frac{1}{2}$, $\frac{1}{4}$, $\frac{1}{2}$, $\frac{1}{4}$, $\frac{1}{4}$, it becomes a 4 wall dance.

7-8-9 Step forward left, turning $\frac{1}{2}$ left step back right, step back left

10-11-12 Step back right, step forward left, turning $\frac{1}{2}$ left step back right

$\frac{1}{2}$ TURN, FORWARD ROCK, BACK CROSS, (SPIRAL $\frac{1}{4}$ TURN RIGHT TWICE)

1-2-3 Turning $\frac{1}{2}$ left step forward left, rock forward right in place left

4-5-6 Step back right, cross step left over right, step back right

7-8-9 Step left to left, cross step right over left, turning $\frac{1}{4}$ right step back left

10-11 Turning $\frac{1}{4}$ right step right to right side, cross rock left over right

12 Rock right in place

(SPIRAL $\frac{1}{4}$ TURN RIGHT TWICE) LEFT GRAPEVINE, TOUCH

1-2-3 Step left to left, cross step right over left, turning $\frac{1}{4}$ right step back left

4-5-6 Turning $\frac{1}{4}$ right step right to right, cross rock left over right, rock right in place

7-8-9 Step left to left, cross step right over left, step left to left side

10-11-12 Cross step right be-hind left, step left long step left, touch right be-side left

SIDE TOUCH, HOLD, SLOW BACK COASTER, FORWARD LUNGE, BACK, CROSS

1-2-3 Step right long step right, step left be-side right (taking weight.) Hold

4-5-6 Step back right, step left be-side right, step forward right

7-8-9 Step forward left, lunge forward right, rock back left in place

10-11 Step back right, step back left

12 Cross step right over left

REPEAT