

A Present Waltz

拍数: 48 墙数: 4 级数: Intermediate waltz
编舞者: Kash Bane (UK)
音乐: Feels Like Today - Rascal Flatts



SPIRALS, TWINKLE, TWINKLE WITH ¼ TURN

- 1-3 Step left foot over right, rock right foot out to right side, recover onto left
- 4-6 Step right foot over left, rock left out to left side, recover onto right
- 7-9 Cross left over right, step right back and to the right, step left foot back and to the left
- 10-12 Cross right over left, make a ¼ turn right stepping left back and to left side, step right back and to right side

SPIRALS, TWINKLE, TWINKLE WITH ¼ TURN

- 1-12 Repeat steps 1-12

BASIC WALTZ FORWARD, BASIC WALTZ BACK, FULL TURN, RAISING STEP WITH 1/8 TURN

- 1-3 Step left foot forward, step right next to left, step left in place
- 4-6 Step right foot back, step left foot next to right, step right foot in place
- 7-9 Do a ¼ turn over left shoulder stepping forward, do a ½ turn over left shoulder stepping right back, do a ¼ turn over left shoulder stepping left to left side
- 10-12 Step forward towards left diagonal on right foot, over the next two counts raise up onto toes

BASIC WALTZ FORWARD WITH 1/8 TURN, BASIC WALTZ BACK WITH ½ TURN, LUNGE, SLIDE

- 1-3 Step forward on left foot making a 1/8 turn left(squaring up to new wall), step right together, step left in place
- 4-6 Step right back making a ½, step left next to right, step right in place
- 7-9 Lunge forward on left foot and hold
- 10-12 Slide left foot back to right (do not put weight onto left foot)

REPEAT
