

Promenade Waltz (P)

拍数: 48 墙数: 0 级数: Partner
编舞者: Bob Pitrof (USA) & Pat Pitrof (USA)
音乐: Jim Reeves Waltz Medley - The Deans



Position: Lady facing ILOD, man faces OLOD, with two hand hold waist high, man's palms up

LADY TURNS UNDER MAN'S LEFT ARM

1-6 LADY: Turn full turn right stepping right, left, right, left, right, left
 MAN: Step in place stepping left, right, left, right, left, right

Raise man's left hand and lady's right hand. Keep raised for the next 6 counts

MAN TURNS UNDER LADY'S RIGHT ARM

1-6 LADY: Step in place right, left, right, left, right, left
 MAN: Turn full turn left stepping left, right, left, right, left, right

SIX COUNT WEAVE

1-3 LADY: Step right to right, cross left in front of right, step right to right
 MAN: Step left to left side, cross right behind left, step left to left side
4-6 LADY: Cross left behind right, right to right side, left over right
 MAN: Step right over left, left to left side, right behind left

PROMENADE

1-3 LADY: Turn right $\frac{1}{4}$ on right to LOD and hold for 2 counts
 MAN: Turn left $\frac{1}{4}$ on left to LOD and hold for 2 counts
4-6 LADY: Step forward left, turn left with right $\frac{1}{4}$ to ILOD, step left next to right
 MAN: Step forward right, turn right with left $\frac{1}{4}$ to OLOD, step right next to left

$\frac{1}{2}$ TURN APART, $\frac{1}{2}$ TURN TOGETHER

1-3 LADY: Turn $\frac{1}{2}$ turn right stepping right, left, right (to OLOD)
 MAN: Turn $\frac{1}{2}$ turn left stepping left, right, left (to ILOD)

Release left hands, now back to back

4-6 LADY: Turn $\frac{1}{2}$ turn to left stepping left, right, left (to ILOD)
 MAN: Turn $\frac{1}{2}$ turn right stepping right, left, right (to OLOD)

PROMENADE WITH LADY'S TURN

1-3 LADY: Turn right $\frac{1}{4}$ on right to LOD and hold for 2 counts
 MAN: Turn left $\frac{1}{4}$ on left to LOD and hold for 2 counts
4-6 LADY: Step forward left, turning full turn to right with right then left
 MAN: Step forward right, left, right

PROMENADE

1-3 LADY: Step forward right and hold for 2 counts
 MAN: Step forward left and hold for 2 counts
4-6 LADY: Step forward left, turn left with right $\frac{1}{4}$ to ILOD, step left next to right
 MAN: Step forward right, turn right with left $\frac{1}{4}$ to OLOD, step right next to left

$\frac{1}{2}$ TURN APART, $\frac{1}{2}$ TURN TOGETHER

1-3 LADY: Turn $\frac{1}{2}$ turn right stepping right to side, left together, right to OLOD
 MAN: Turn $\frac{1}{2}$ turn left stepping left to side, right together, left to ILOD

Release left hands, now back to back

4-6 LADY: Turn $\frac{1}{2}$ turn to left stepping left to side, right together, left to ILOD

MAN: Turn ½ turn right stepping right to side, left together, right to OLOD

REPEAT
