

Rider's Waltz (P)

COPPERKNOB
BYEPOSTHEATS

拍数: 60 墙数: 1 级数: Improver wheelchair dance
编舞者: Roy East (UK)
音乐: Your own favorite slow waltz



Position: Side by Side

BOTH

1 Roll forward
2-3 Slow down
4 Roll forward
5-6 Slow down

1 Roll forward
2-3 Slow, stop
4 Roll back
5-6 Slow down

1 **MAN:** Roll back
 LADY: Roll back
2-3 **MAN:** Slow down
 LADY: Slow down turning $\frac{1}{4}$ left
4 **MAN:** Roll back
 LADY: Hold
5-6 **MAN:** Slow down turning $\frac{1}{4}$ left
 LADY: Hold

Both now facing ILOD side by side

BOTH

1 Roll forward at an angle to right
2-3 Slow, stop
4 Roll back turning slightly to face ILOD again
5-6 Slow, stop

1 Roll forward at an angle to left
2-3 Slow, stop
4 Roll back (still at angle)
5-6 Slow down turning left $\frac{1}{8}$ turn

Now facing RLOD lady behind man

1 Roll forward
2-3 Slow, stop
4 Roll back
5-6 Slow down turning $\frac{1}{4}$ left (to face OLOD)

1 Roll forward
2-3 Slow, stop
4 Roll back
5-6 Slow down turning $\frac{1}{4}$ left (to face back to LOD)

1 **MAN:** Roll forward at an angle to left

2-3 **LADY:** Roll forward at an angle to right
 MAN: Slow down turning back to LOD
 LADY: Slow down turning back to LOD
4 **MAN:** Roll forward
 LADY: Hold
5-6 **MAN:** Slow, stop
 LADY: Hold

Now back to side by side

1 **MAN:** Hold partner's left hand with right hand
 LADY: Hold partner's right hand with left hand
2-3 **MAN:** Hold
 LADY: Hold
4-5-6 **MAN:** Bow head to partner
 LADY: Bow head to partner

BOTH

1 Let go hands
2-3 Rest hands on wheels
4-5-6 Hold

REPEAT
