

# Waltzes And Shuffles

拍数: 48                      墙数: 4                      级数: Intermediate waltz  
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音乐: Own Heart's Delight - Ian Tyson



## WALTZ STEPS

- 1                      Step diagonally forward crossing left over right
- 2-3                    Step right in place, step left in place
- 4                      Step back on the right, ½ turn over left shoulder
- 5-6                    Step left in place, step right in place
- 7-12                   Repeat steps 1-6

## MODIFIED SAILOR STEPS

- 13                    Step diagonally forward crossing left over right
- 14                    Step right to the side, slightly behind left
- 15                    Step left to the side (feet now shoulder width apart)
- 16                    Step diagonally forward crossing right over left
- 17                    Step left to the side, slightly behind right
- 18                    Step right to the side (feet now shoulder width apart)
- 19-24                Repeat steps 1-6

## ¼ TURN, COASTER STEP, FULL TURN, BOX

- 25                    Step diagonally forward crossing left over right
- 26                    Step right to the side, slightly behind left
- 27                    Step left to the side making a ¼ turn left by spinning on the ball of right foot
- 28-30                Step forward on right, step left beside right, step back onto right
- 31-33                Step forward on left making a ¼ turn left, step to the side with the right making a ¾ turn over left shoulder stepping down on the left
- 34-36                Cross right over left, step back on left, step right in place

## CROSS POINT AND HOLD TWICE

- 37-39                Cross left over right, point right to the side and hold for one beat
- 40-42                Cross right behind left, point left to the side and hold for one beat

## COASTER STEP AND WALTZ

- 43-45                Step back on the left, step right beside left, step forward on left
- 46                    Step forward right spinning ½ turn right on ball of right foot
- 47-48                Step left in place, step right in place

## REPEAT

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