

Waltzing Hearts

拍数: 48 墙数: 4 级数: waltz
编舞者: Mary Pensel (USA)
音乐: Their Hearts Are Dancing - The Forester Sisters



FORWARD TURN LEFT FULL TURN, FORWARD TURN RIGHT FULL TURN

- 1 Step left ball of foot forward, left toe and body facing approximately 10:00-11:00 o'clock. Continue movement into next step
 - 2 Step right ball of foot forward toward 12:00 o'clock, with right toes pointing to approximately 9:00 o'clock, stepping beside left foot, body facing approximately 9:00 o'clock. Continuing movement into next step
 - 3 Pivot left on right ball of foot, continuing full turn left, as you step right foot toward 12:00 o'clock, but stepping just slightly forward from left foot, body and feet now facing 12:00 o'clock.
- On steps 2 and 3, you have only moved forward toward 12:00 o'clock approximately 6" to 8"**
- 4 Step right ball of foot forward, right toes and body facing approximately 1:00 to 2:00 o'clock. Continue movement into next step
 - 5 Step left ball of foot forward toward 12:00 o'clock with left toes pointing to approximately 3:00 o'clock. Continuing movement into next step.
 - 6 Pivot right on left ball of foot continuing full turn right, as you step left foot toward 12:00 o'clock, but stepping just slightly forward right foot, body and feet now facing 12:00 o'clock
- On steps 5 and 6, you have only moved forward toward 12:00 o'clock approximately 6" to 8"**

BACK, BESIDE, BESIDE, BACK, BESIDE, BESIDE

- 7 Step left ball of foot back
- 8 Step right ball of foot beside left foot
- 9 Step left foot beside right foot
- 10 Step right ball of foot back
- 11 Step left ball of foot beside right foot
- 12 Step right foot beside left foot.

MODIFIED FIGURE EIGHT

- 13 Step left foot to left side into $\frac{1}{4}$ turn left (left foot and body facing 9:00 o'clock, right foot pointing to 12:00 o'clock). Continue movement into next step
- 14 Step right foot forward toward 9:00 o'clock (left leg extended back, left toe/ball still touching floor). . . Continue movement into next step.
- 15 Pivot left on balls of both feet (start pivot on right ball of foot, ending with weight on left foot, right leg extended back with right toe/ball still touching floor, now facing 3:00 o'clock). Continue movement into next step.
- 16 Pivot left $\frac{1}{4}$ turn on ball of left foot as you step right foot parallel, but apart, from left foot, both feet and body now facing 12:00. Continuing movement into next step
- 17 Step left foot cross behind right foot
- 18 Pivot right $\frac{1}{4}$ turn as you step right foot forward into 3:00 o'clock, both feet and body facing 3:00 o'clock. Weight on right foot, left leg extended back with left toe/ball still touching floor. Continuing movement into next step
- 19 Step left foot forward, right leg extended back with right toe/ball still touching floor, facing 3:00 o'clock. Continuing movement into next step.
- 20 Pivot right on balls of both feet (starting pivot on ball of left foot, ending with weight on right foot, left leg extended back with left toe/ball still touching floor, now facing 9:00 o'clock. Continuing movement into next step)
- 21 Pivot right $\frac{1}{4}$ turn on ball of right foot as you step left foot parallel, but apart, from right foot, both feet and body now facing 12:00 o'clock. Continuing movement into next step
- 22 Step right foot cross behind left foot

- 23 Step left foot to left side
24 Step right foot beside left foot

BACK, BESIDE, BESIDE

- 25 Step left foot back
26 Step right foot beside left foot
27 Step left foot beside right foot

FORWARD TURN RIGHT FULL TURN

- 28 Repeat step 4
29 Repeat step 5
30 Repeat step 6

BACK, BESIDE, BESIDE

- 31 Step left foot back
32 Step right foot beside left foot
33 Step left foot beside right foot

FORWARD TURN RIGHT FULL TURN

- 34 Repeat step 4
35 Repeat step 5
36 Repeat step 6

SIDE MOVEMENT LEFT, SIDE MOVEMENT RIGHT

- 37 Step left foot to left side
38 Step right foot beside left foot
39 Step left foot beside right foot
40 Step right foot to right side
41 Step left foot beside right foot
42 Step right foot beside left foot

STEP ¼ LEFT, SLIDE, HOLD

- 43 Step left foot back into ¼ turn left (left foot and body facing 9:00 while head/face and right foot faces 12:00 o'clock).
44 Slide right toe directly back to instep of left foot, right heel is off floor (head/face and right foot still facing 12:00 o'clock)
45 Hold/pause (head/face and right foot still facing 12:00 o'clock).

FORWARD TURN RIGHT FULL TURN

- 46 Repeat step 4
47 Repeat step 5
48 Repeat step 6

REPEAT
