

Harmony Waltz

拍数: 48 墙数: 4 级数: Intermediate waltz
编舞者: Julia Jackson (USA)
音乐: The Lonely Waltz - The Mavericks



CROSS ROCK & RECOVER - TWISTY VINE 3

- 1 Angling body slightly right step left foot over across in front of right foot and rock on to it
- 2 Straightening body to face front recover weight back on to right foot
- 3 Step left foot in place
- 4 Turning body to face a ¼ left step to side on right foot - (so you are actually moving forward)
- 5 Step left foot behind right foot
- 6 Turning body to face front again step forward on right foot

CROSS ROCK & RECOVER - TWISTY VINE 3

- 7 Angling body slightly right step left foot over across in front of right foot and rock on to it
- 8 Straightening body to face front recover weight back on to right foot
- 9 Step left foot in place
- 10 Turning body to face a ¼ left step to side on right foot - (so you are actually moving forward)
- 11 Step left foot behind right foot
- 12 Turning body to face front again step forward on right foot

TURN ½ RIGHT AND A BACK COASTER

- 13 Step forward on left foot starting to turn ½ right
- 14 Step right foot beside left foot as you finish the turn
- 15 Step left foot in place
- 16 Step back on right foot
- 17 Step left foot beside right foot
- 18 Step forward on right foot

TWO BASIC WALTZES (FORWARD AND BACK)

- 19 Step forward on left foot
- 20 Step right foot beside left foot
- 21 Step left foot in place beside right foot
- 22 Step back on right foot
- 23 Step left foot beside right foot
- 24 Step right foot in place beside left foot

TWO ¼ TURNS LEFT WITH A HESITATION

- 25 Step forward on left foot at the same time start to turn ¼ left
- 26 Step to side on right foot - as you finish the turn
- 27 Step left foot in place
- 28 Turning another ¼ left: step back on right foot
- 29 Touch left toe beside and just in front of right foot
- 30 Hold for 1 beat

ANOTHER TWO ¼ TURNS LEFT AND A HESITATION

- 31 Step forward on left foot at the same time start to turn ¼ left
- 32 Step to side on right foot - as you finish the turn
- 33 Step left foot in place
- 34 Turning another ¼ left: step back on right foot
- 35 Touch left toe beside and just in front of right foot

36 Hold for 1 beat

½ TURN LEFT (MOVING FORWARD) & STEP BACK FOR ¼ TURN LEFT

37 Fairly big step forward on left foot - ready to start your first turn

38 Step back on right foot as you finish ½ turn left

39 Step left foot in place beside right foot

40 Turn another ¼ left as you step back on right foot

41 Step left foot beside right foot

42 Step right foot in place beside left foot

TWO BASIC WALTZES (FORWARD AND BACK)

43 Step forward on left foot

44 Step right foot beside left foot

45 Step left foot in place beside right foot

46 Step back on right foot

47 Step left foot beside right foot

48 Step right foot in place beside left foot

REPEAT
