

# First Time Waltz

**COPPER** KNOB  
STEPSHEETS

拍数: 48      墙数: 2      级数: Beginner waltz  
编舞者: Roz Morgan (USA)  
音乐: Their Hearts Are Dancing - The Forester Sisters



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## BASIC WALTZ STEPS FORWARD AND BACK

1-3      Step left foot forward, step right foot beside left foot, step left foot forward  
4-6      Step right foot back, step left foot beside right foot, step right foot back

## TWINKLE STEPS

1-3      Cross-step left foot over right foot, step right foot to right side, step left foot to left side  
4-6      Cross-step right foot over left foot, step left foot to left side, step right foot to right side

## BASIC WALTZ STEPS FORWARD AND BACK

1-3      Step left foot forward, step right foot beside left foot, step left foot forward  
4-6      Step right foot back, step left foot beside right foot, step right foot back

## TWINKLE STEPS

1-3      Cross-step left foot over right foot, step right foot to right side, step left foot to left side  
4-6      Cross-step right foot over left foot, step left foot to left side, step right foot to right side

## WEAVE, SWEEP, STEP, CROSS

1-3      Step left foot in front of right foot, step right foot to right, step left foot behind right foot  
4-6      Sweep right foot behind left foot (step down on right foot and take weight), step left foot to left side, step right foot in front of left foot

## ROCK RECOVER CROSS LEFT AND RIGHT

1-3      Rock left foot to left side, recover on right foot (take weight), cross left foot over right foot  
4-6      Rock right foot to right side, recover on left foot, cross right foot over left foot

## ¼ TURN BASIC WALTZ, BASIC WALTZ BACK

1-3      Step ¼ turn left on left foot (9:00), step right foot beside left foot, step left foot forward  
4-6      Step right foot back, step left foot beside right foot, step right foot back

## ¼ TURN BASIC WALTZ, BASIC WALTZ BACK

1-3      Step ¼ turn left on left foot (6:00), step right foot beside left foot, step left foot forward  
4-6      Step right foot back, step left foot beside right foot, step right foot back

## REPEAT

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