

Eagles Waltz

拍数: 48 墙数: 0 级数:
编舞者: Lois Lightfoot (UK)
音乐: Take It to the Limit - Eagles



Position: Side By Side Position

FORWARD, LEFT, RIGHT, LEFT, FORWARD, RIGHT, LEFT RIGHT

1-3 Step forward on left, step right next to left, step left in place
4-6 Step forward on right, step left next to right, step right in place

STEP SIDE, BEHIND SIDE, CROSS OVER, STEP BACK, STEP SIDE ¼ TURN

7-9 Step left to side, cross right behind left, step left to side
10-12 Cross right over left, step left back, step right to side making ¼ turn right

CROSS ROCK, RECOVER, STEP SIDE, STEP OVER, STEP SIDE, STEP BEHIND

13-15 Cross rock left over right, recover weight onto right, step left to left side
16-18 Step right over left, step left to side, cross right behind left

DIAGONALLY FORWARD, SLIDE TOUCH, SIDE, BEHIND, SIDE. (LADIES FULL TURN)

19-21 Step left diagonally forward, slide right to left over two beats
22-24 Step right to side, step left behind right, step right to side

Release left & raise right. Ladies make a full turn to right stepping right-left-right

CROSS, ROCK, STEP, CROSS OVER, STEP BACK, ¼ TURN RIGHT

25-27 Cross rock left over right, recover weight onto right, step left to side
28-30 Cross right over left, step left back, step right to side making ¼ turn right

CROSS OVER, STEP, IN PLACE, CROSS OVER, STEP, IN PLACE

31-33 Cross left over right, step right next to left, step left in place
34-36 Cross right over left, step left next to right, step right in place

STEP FORWARD, STEP, IN PLACE, STEP BACK, ½ TURN, IN PLACE

37-39 Step forward on left, step right next to left, step left in place
40-42 Step right back making ½ turn to left, step left in place, step right in place

Release left raise right, ladies can make 1 ½ turn over left shoulder

STEP LEFT FORWARD, TOGETHER, IN PLACE, STEP BACK TOGETHER, IN PLACE

43-45 Step left forward, step right next to left, step left in place
46-48 Step right back, step left next to right, step right next to left

REPEAT