

8' Waltz

拍数: 48
编舞者: Robin Madeley (UK)
音乐: Hero - Nickelback

墙数: 4

级数: Intermediate waltz



Starts on first proper beat of music, right after the drum roll.

STEP LEFT KICK, BACK SLIDE TOUCH

- 1 Step forward on left foot
- 2-3 Kick right foot forward over counts 2-3
- 4 Step back on right foot
- 5-6 Slide left foot besides right (keeping weight on right) over counts 5-6

LEFT ¼ SWEEP, TWINKLE ¾

- 7 Step forward on left foot
- 8-9 With weight on left foot, make ¼ turn to left, sweeping right toe out to right side

¾ TURN OVER RIGHT SHOULDER WHILE PERFORMING A RIGHT OVER LEFT TWINKLE

- 10 Cross right over left
- 11 Make ¼ turn to right stepping back on left
- 12 Make further ½ turn to right stepping forward on right foot

STEP-HOLD-HOLD, STEP-HOLD-HOLD, OR OPTIONAL VARIATION: STEP-LOCK-STEP, STEP-LOCK STEP

- 13-14-15 Step forward on left foot, hold for two counts
- 16-17-18 Step forward on right foot, hold for two counts

At certain times in the music, it may feel more natural to dance waltz-tempo lock shuffles left and right

- 13-14-15 Step forward on left foot, lock right foot behind left, step forward on right
- 16-17-18 Step forward on right foot, lock left foot behind right, step forward on left

STEP-TOUCH-TURN, SLIDE

- 19 Step forward on left foot
- 20 Touch right toe behind left foot
- 21 Unwind ¾ turn over right shoulder (weight changes right foot)

- 22 Make large-ish step on left to left side
- 23-24 Slide right toe in (keeping weight on left foot) over counts 23-24

When dancing 8' Waltz, it feels very much like it is a dance of two halves. The above is the first half, the below is the second. Just dance it straight through.

CROSS, SIDE-ROCK-CROSS

- 24-26-27 Cross right over left, hold for counts 26-27
- 28-29-30 Step left to left side, recover weight onto right foot, cross left over right

SIDE, CROSS-ROCK-TURN

- 31-32-33 Step right to right side, hold for counts 32-33
- 34-35-36 Perform a left-over-right twinkle making a ¼ turn to left

ROCK-ROCK-TURN, TWINKLE

- 37-38-39 Rock forward on right foot, rock back on left foot, make ¼ turn to right stepping right to right side

It's kind of like a twinkle

40-41-42 Perform a left-over-right twinkle

FRONT-SIDE-BEHIND, POINT-HOLD-HOLD

43-44-45 Step right over left, step left to left side, step right behind left

46 Point left to left side

47-48 Hold position for counts 47-48

REPEAT

RESTART

On the 6th wall (3:00 wall the second time around the room), dance the dance as normal, changing the following steps, then restart from the top.

37-38-39 Rock forward on right foot, back on left, make $\frac{1}{2}$ turn to right stepping forward on right

40-41-42 With weight remaining on right foot, make a further $\frac{1}{4}$ turn (to front wall), sweeping left to left side. Hold for two counts
