

Catch The Wind

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Improver waltz
编舞者: Noel Bradey (AUS)
音乐: Catch The Wind - Cassandra Delaney-Denver



TWINKLE, CROSS, SWEEP, STEP, TWINKLE, CROSS, SWEEP STEP

Traveling forward

- 1-2-3 Cross/step left over right, step on right to right, step on left in place
4-5-6 Cross/step right over left, with left toe take two counts to draw an arc from left side to forward and in front of right (weight right)
1-2-3 Cross/step left over right, step on right to right, step on left in place
4-5-6 Cross/step right over left, with left toe take two counts to draw an arc from left side to forward and in front of right (weight right)

CROSS, ¼ TURN. BACK, BACK DRAG, BACK DRAG, BACK, TOGETHER, FORWARD

- 1-2-3 Cross/step left over right, turning ¼ turn left step back on right, step back on left past right
4-5-6 Step back on right past left, slow 2 count drag left toe to beside right (weight right)
1-2-3 Step back on left past right, slow 2 count drag right toe to beside left (weight left)
4-5-6 Step back on right, step left to beside right, step forward on right

STEP FORWARD FULL TURN HOOK, WALTZ FORWARD, STEP FORWARD FULL TURN HOOK, WALTZ FORWARD

- 1-2-3 Start full turn right stepping forward on left, hook right over left taking 2 counts to complete the full turn on ball of left
4-5-6 Waltz forward right, left together, forward right
1-2-3 Start full turn right stepping forward on left, hook right over left taking 2 counts to complete the full turn on ball of left
4-5-6 Waltz forward right, left together, forward right

STEP BACK, DRAG HEEL, ½ TURN WALTZ FORWARD, STEP, HOLD, ½, STEP, HOLD, ¾

- 1-2-3 Large step back on left, take 2 counts to drag right to beside left (weight left)
4-5-6 Turn ½ turn right to slide/step right forward, step left beside right, step forward on right
1-2-3 Step forward on left, hold, turn ½ turn right stepping down on right
4-5-6 Step forward on left, hold, turn ¾ turn right stepping down on right

REPEAT

RESTARTS

On wall 5, only dance the first 36 counts and then restart the dance to the front wall. You will need to do a ¼ turn right on count 1

On wall 9, only dance the first 36 counts and then restart the dance to the back wall. You will need to do a ¼ turn right on count 1

Thank you to Mark Simpkin who asked me to create a dance to a track from this beautiful album. Thank you also to Lynny Wong and to Pat Wilcock whose help during the creation of this dance was greatly appreciated. Thank you also to my wonderfully talented students who continue to believe in the dances that I choreograph - you really make it all worthwhile. This waltz, should prove quite an easy learn. I hope you can all "Catch The Wind"