

Bridget's Waltz

拍数: 36 墙数: 2 级数: waltz
编舞者: Ganean De La Grange (USA)
音乐: Any waltz music with about 100 BPM



LEFT FORWARD DIAGONAL, TOUCH, HOLD, RIGHT BACK DIAGONAL, TOUCH, HOLD:

NOTE: A stride is a longer than normal step.

- 1 Stride/lunge left foot across front of right foot, but, forward from right foot 18"-24" (stepping toward 1:00 o'clock).
- 2 Touch right toe out to right side, parallel to left foot.
- 3 Hold/pause.
- 4 Stride/lunge right foot cross behind left foot, but back from left foot 18"-24" (stepping toward 7:00 o'clock).
- 5 Touch left toe out to left side parallel to right foot.
- 6 Hold/pause.

FORWARD ROLLING VINE INTO FULL TURN LEFT, FORWARD, FORWARD, TOUCH:

- 7 Stride left ball of foot forward (striding toward 12:00 o'clock with left toe pointing to 10:00-11:00 o'clock...facing 12:00 o'clock)...continue movement into next step.
- 8 Continuing movement from step #7...pivot on left ball of foot ½ turn left as you step right ball of foot back toward 12:00 o'clock with right toe pointing to 5:00-6:00 o'clock...continuing movement into next step.
- 9 Continuing movement from step #8 pivot on right ball of foot ½ turn left as you step left ball of foot forward toward 12:00 o'clock...now facing 12:00 o'clock.
- 10 Stride right ball of foot forward.
- 11 Step left foot forward.
- 12 Touch right toe out to right side, parallel to left foot.

RIGHT ½ TURN, FORWARD, FORWARD, FORWARD, PIVOT ¼ TURN LEFT, DOWN:

- 13 Pivot right ½ turn on left ball of foot as you stride right foot forward into 6:00 o'clock (the pivot and the step happen basically at the same time...now facing 6:00 o'clock) .
- 14 Step left ball of foot forward.
- 15 Step right ball of foot forward.
- 16 Stride left foot forward.
- 17 Step right toe/ball forward into 6:00 o'clock and pivot left ¼ turn on balls of both feet (start pivot on right toe/ball and end with weight on left ball of foot...feet and body facing 3:00 o'clock)...weight on left ball of foot with right toe/ball still touching floor...both heels off floor.
- 18 Set left heel down on floor...right toe/ball still touching floor with right heel off floor, right leg still extended to right side.

RIGHT ACROSS, STEP, RIGHT ACROSS, ROCK FORWARD, ROCK BACK, ½ TURN LEFT:

- 19 Stride right ball of foot across front of left foot.
- 20 Step left ball of foot to left side.
- 21 Step right ball of foot across front of left foot.
- 22 Stride/rock left ball of foot forward (toward 3:00 o'clock)...transferring body weight over left foot, right leg still extended back with right toe/ball still touching floor.
- 23 Rock/move back on right foot (transfer body weight back over right foot, body facing 1:00-2:00 o'clock, both feet facing 3:00 o'clock)...continue movement into next step.
- 24 (Continuing movement from step #23) pivot ½ turn left on right ball of foot as you swing/step left foot forward into 9:00 o'clock (left toe and body now facing 9:00 o'clock, right toe pointing to 9:00-10:00 o'clock.)

RIGHT FORWARD, LEFT LOCK, VINE RIGHT, TOUCH LEFT TO LEFT SIDE:

- 25 Stride right foot forward (toward 9:00 o'clock).
- 26 Step/lock left ball of foot forward, crossed behind right foot (left toes on right side of right foot to approximately right instep).
- 27 Step right ball of foot to right side, but slightly forward (right heel approximately parallel to left instep)
- 28 Stride left ball of foot across front of right foot (facing 9:00 o'clock but traveling toward 12:00 o'clock).
- 29 Step right ball of foot to right side.
- 30 Touch left toe out to left side (parallel to right foot).

LEFT ROLLING VINE INTO 1-¼ TURN LEFT, VINE RIGHT:

- 31 Stride left ball of foot into ¼ turn left (starting 1-¼ turn)...left foot pointing to 6:00 o'clock, facing approximately 7:00 o'clock, right leg still extended back with right toe/ball still touching floor, right toe/ball pointing to 9:00 o'clock...continuing movement into next step.
- 32 Continuing movement from step #31...pivot ½ turn left on left ball of foot as you step right ball of foot toward 6:00 o'clock...right toe pointing to approximately 2:00 o'clock, left toe and body facing 12:00 o'clock...continuing movement into next step.
- 33 Continuing movement from step #32...pivot ½ turn left on right ball of foot as you step left foot toward 6:00 (feet and body now facing 6:00 o'clock).
- 34 Stride right foot to right side, parallel to left foot.
- 35 Step left ball of foot cross behind right foot.
- 36 Step right ball of foot to right side, parallel to left foot.

REPEAT
