

# The Ballroom Waltz

COPPER KNOB  
STEPSHEETS

拍数: 36      墙数: 2      级数: Intermediate waltz  
编舞者: Jan Wyllie (AUS)  
音乐: Hangin' In And Holdin' On - David Ball



- 1-3            Stride/step forward on left, step right beside left, step left beside right  
4-6            Rock/step to right side on right, rock weight to left, step right beside left
- 7-9            Step forward on left & slowly pivot  $\frac{1}{2}$  turn right, transfer weight to right  
10-12         Step left to left side, step right behind left, making  $\frac{1}{4}$  turn left step forward on left
- 13-15         Rock/step right to right side, rock/step left to left side, rock/step right to right side

## SAILOR SHUFFLES

- 16-18         Step left behind right, step right slightly back & to right side, step left slightly to left side  
19-21         Step right behind left, step left slightly back & to left side, step right slightly to right side
- 22-23         Step back on left, touch right toe back at 45 degrees right (turning body to follow toe)  
24             Hold  
25             Turning body to the front step forward on right  
26             Touch left toe forward at 45 degrees left (turning body slightly left to follow toe)  
27             Hold
- 28-29         Rock/step forward on left, rock/step back on right  
&30            Making  $\frac{1}{4}$  turn left step left-right together in place
- 31-33         Step forward on left, step forward on right & pivot  $\frac{1}{2}$  turn left, transfer weight to left  
34-35         Step forward on right, step forward on left making  $\frac{1}{2}$  turn right  
36             Making  $\frac{1}{2}$  turn right step forward on right

## REPEAT

**The dance finishes facing the front on the last wall (9th). On counts 7-8-9 do this instead of pivoting**

- 7-8&9         Step forward on left, slide right to right, step right beside left, touch left heel forward and look down at floor