Anytime Waltz

拍数: 48

级数: Improver

编舞者: Sharon May (UK)

音乐: This Woman Needs - SHeDAISY

FORWARD RIGHT LEFT RIGHT, TRAVELING ¾ TURN MOVING BACK OVER LEFT SHOULDER MAKING "L" SHAPE, LEFT RIGHT LEFT

- 1 2 3Step forward on to right foot, step left next to right, step right in place
- 4-5-6 Make ³/₄ traveling turn over left shoulder making "L" shape stepping back with Left foot to make 1/2 turn then stepping right foot at side of left foot making 1/4 turn to the left, then step left next to right
- 7-8-9 Repeat counts 1-3

10-11-12 Repeat counts 4-6

Alternative steps for 4-6 and 10-12

MAKE 1 ¾ TURN OVER LEFT SHOULDER STEPPING LEFT, RIGHT, LEFT

Step back onto left foot making 1/2 turn over left shoulder as you step, turn 1 1/4 turn over left 4-5-6 shoulder by stepping the right foot to cross the left foot and turning weight mainly on left foot. but as you turn the weight should go onto both feet

Transfer weight on to left foot as you finish turn, ready to step forward with right foot

FORWARD RIGHT, LEFT, RIGHT, STEP LEFT FOOT BACK ½ TURN OVER LEFT SHOULDER, FULL TURN, COASTER STEP BACK RIGHT, LEFT, RIGHT

- 13-14-15 Step forward right foot, step left next to right foot, step right foot in place
- 16-17-18 Step back left foot for 1 count twist ¹/₂ turn over left shoulder for 2 counts
- 19-20-21 Weight on left foot, cross your right foot over left foot for 1 count, unwind to make full turn over left shoulder to face same direction for 2 counts, weight going on to both feet as you turn 22-23-24 Step back right foot, step left foot next to right foot, step right foot forward

Styling: optional arms on full turn. As you cross your right foot over left foot to make full turn, bring your arms in front and cross then open them while raising them to shoulder height as you turn

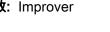
LONG STEPS FORWARD, TRAVELING ½ TURN OVER LEFT SHOULDER, ½ TURN OVER LEFT SHOULDER

- 25-26-27 Step long step forward left foot, step right foot next to left foot, step left foot in place next to right foot
- Step long step forward right foot, step left foot next right foot, step right foot in place next to 28-29-30 left foot
- 31-32-33 Make 1/2 turn over left shoulder stepping back onto left foot, right next to left, then left in place
- 34-35-36 Step forward on to right foot and make ¹/₂ turn over left shoulder, keeping weight on right foot, as you finish turning, the left foot should go out to left side rock weight on to left foot, rock weight back on to right foot

LEFT TWINKLE, ¾ TURN, FORWARD STEP LEFT, RIGHT, LEFT, STEP BACK, ½ TURN, SLIDE

- 37-38-39 Weight on right foot, cross left foot over right foot, step right foot next to left foot, step left foot next to right foot
- 40-41-42 Make ³/₄ turn over right shoulder by crossing right foot over left foot then turn stepping left, right put weight on to right foot
- 43-44-45 Step forward left foot, step right foot next to left foot, step left foot in place
- Make ¹/₂ turn over right shoulder by keeping weight on left foot as you turn and step forward 46-47-48 onto right foot straight away to face new wall. Slide left foot next to right foot over 2 counts

REPEAT







墙数:4