

Years From Now Waltz

COPPER KNOB
BYEPOSTETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Jo Thompson Szymanski (USA) - September 2007
音乐: Years from Now - Don Williams : (CD: My Heart To You)



Or Music: Someone Must Feel Like A Fool Tonight by Kenny Rogers [100 bpm Waltz / Back Home Again]

LEFT TWINKLE, RIGHT VINE, STEP, RONDE, CROSS, BACK ½ BOX

- 1-3 Step left foot across in front of right, step ball of right foot to right side turning body slightly left, step left foot to left side
- 4-6 Step right foot across in front of left, step left foot to left side, step right foot crossed behind left
- 1-3 Turn ¼ left and step forward with left foot, sweep right to out to right side and across in front of left, step right foot across in front of left
- 4-6 Step back with left foot, turn ¼ right and step right foot to right side, step together with left

FULL TURN RIGHT, LEFT TWINKLE, TURN ¼ RIGHT, SYNCOPATED VINE

- 1-3 Step right foot to right side with right toe out, turn ½ right and step left foot to left side, turn ½ right and step right foot to right side
- 4-6 Step left foot across in front of right, step ball of right foot to right side turning body slightly left, step left foot to left side
- 1-3 Step forward with right foot, turn ¼ right and step ball of left foot to left side turning body slightly right, step right foot to right side
- 4&5-6 Step left foot across in front of right, step right foot to right side, step left foot crossed behind right, step right foot to right side

CROSS ROCKS LEFT AND RIGHT, CROSS TOUCH OR SPIRAL RONDE', BACK ½ BOX

- 1-3 Rock left foot across in front of right, recover back to right foot, step left foot to left side
- 4-6 Rock right foot across in front of left, recover back to left foot, step right foot to right side
- 1-3 Step left foot across in front of right, touch right toe to right side, hold

Option: *for a more challenging version of the above 3 counts, do this:*

- 1-3 Step left foot across in front of right, leaving feet where they are turn right full turn, sweep right toe out to right side
- 4-6 Step right foot back crossed behind left, step left foot to left side, step together with right

TURN ½ LEFT, BACK BALANCE, TURN ½ LEFT, BACK BALANCE

- 1-3 Step forward with left foot, turn ¼ left and step right foot to right side, turn ¼ left and step back with left foot
- 4-6 Step back with right foot, step back with ball of left foot, recover forward to right foot
- 1-3 Step forward with left foot, turn ¼ left and step right foot to right side, turn ¼ left and step back with left foot
- 4-6 Step back with right foot, step back with ball of left foot, step right foot to right side

REPEAT

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