

Slow Waltzing

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Terry Mchugh (UK) - July 2010
音乐: Slow Dance - Michael Peterson



Alternative music: Cheaters Waltz by Johnny Duncan.
OR: Their hearts are Dancing by Forester Sisters.

Intro, 24 Counts, (start on vocals.)

Two steps fwd, pivot 1/2 turn, step back on left, long step back on right, drag left to right

1-2-3 step fwd on left, step fwd on right and pivot 1/2 turn right, step back on left
4-5-6 long step back on right, drag left toe in front of right on two counts

Twinkles fwd x2

1-2-3 cross left over right, step right to right side, step left in place,
4-5-6 cross right over left, step left to left side, step right in place,

Step fwd on left with 1/4 turn left, point right toe to side and hold,weave left.

1-2-3 step fwd on left with 1/4 turn left, point right toe to right side and hold,
4-5-6 cross right over left, step left to left side, cross right behind left,

Step left to left side and sway left, right, left, fwd lung on right.

1-2-3 step and sway left to left side, sway right, sway left,
4-5-6 lunge fwd on right, recover on left, step right beside left,

Cross left over right, pivot 1/4 left, standard waltz step back.

1-2-3 cross left over right and pivot 1/4 turn left, step right beside left, step left in place (weight on left)
4-5-6 step back on right, step left beside right, step right in place (weight on right)

Step fwd on left with 1/4 turn left, step right beside left, step left in place, standard waltz step back.

1-2-3 step fwd on left with 1/4 turn left, step right beside left, step left in place (weight on left)
4-5-6 step back on right, step left beside right, step right in place,

Step fwd on left, with foot angled out,step fwd on right toe and hold,angle right foot out,step fwd on left toe and hold

1-2-3 step fwd on left and angle foot left diagonally out step fwd on right toe and hold,)
4-5-6 step right in place and angle foot diagonally out step fwd on left toe and hold,) for better styling, slightly angle body on toe steps fwd,

Sailor steps x2. travelling back

1-2-3 cross left behind right, step right to right side, step left in place,(travelling back)
4-5-6 cross right behind left, step left to left side, step right in place (travelling back)

Choreographers note: at the end of section three on wall six, (facing 12'oclock and 2.40 mins into dance), the music slows for approx 15 seconds.

Start dance again on word "YOU"; or fade music and finish dance as music slows