

# My Ladies Waltz

**COPPER** KNOB  
STEPSHEETS

拍数: 24      墙数: 4      级数: Beginner - waltz  
编舞者: Wanda Heldt (AUS) - February 2012  
音乐: Vaya Con Dios - Freddy Fender



## Alt. Tracks:

Waltz Across Texas by Scooter  
Their Hearts are Dancing' by The Foresters Sisters /  
Champagne On Ice by Elton John & Tammy Wynette

Choreographed specially for the Dear Ladies on the Thursday Morning, helping to keep them active in mind and body... one of the ladies is 88young - how Good is that.  
So one is never too old or too young to start Line dancing

## S1. STEP LEFT, DRAG, HITCH, STEP RIGHT, DRAG, HITCH

1-3            Long step Left to Left side, Drag Right Toe in and slight Hitch of Right knee.  
4-6            Long step Right to Right side, Drag Left toe in and slight Hitch of Left knee.

## S2. STEP FORWARD, POINT, HOLD, STEP BACK, POINT, HOLD

1-3            Step forward on Left, Point Right toe to Right side, Hold. [or slight graceful kick forward]  
4-6            Step back on Right, Point Left toe to Left side, Hold.

## S3. BASIC WALTZ FORWARD, BASIC WALTZ BACK

1-3            Waltz forward L.R.L.  
4-6            Waltz back R.L.R.

## S4. 1/4 TURN LEFT BASIC WALTZ FORWARD, BASIC WALTZ BACK

1-3            Turn 1/4 Left with a basic waltz forward L.R.L.  
4-6            Waltz back R.L.R.

**Restart... HAVE FUN IN LIFE & IN DANCE**

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