

# Waltz At One

**COPPER KNOB**  
STEPSHETS

拍数: 24      墙数: 2      级数: Absolute Beginner  
编舞者: Linda Nyholm (CAN) - May 2012  
音乐: Almost any waltz, best with a 24 count waltz



This is a great intro waltz for beginners—and a long-time fav with my class

## [1-6] Twinkle left and right

1-2-3      Step left across right, right next to left, left next to right  
4-5-6      Step right across left, left next to right, right next to left

## [7-12] Forward and back basic waltz

7-8-9      Step fwd on left, right next to left, left next to right  
10-11-12      Step back on right, left next to right, right next to left

## [13-18] Forward ¼ basic, back basic

13-14-15      Step left fwd, turning ¼ to left, right next to left, left next to right  
16-17-18      Step back on right, left next to right, right next to left

## [19-24] Forward ¼ basic, back basic

19-20-21      Step left fwd, turning ¼ to left, right next to left, left next to right  
22-23-24      Step back on right, left next to right, right next to left

**Repeat**

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