

No Going Back

拍数: 48 墙数: 4 级数: Intermediate waltz
编舞者: Ann Gorman (AUS) - September 2012
音乐: Life As We Knew It - Kathy Mattea : (Album: The Definitive Collection - iTunes - 3:21)



This dance was choreographed for Lea Hall of Nambucca Heads who asked me about Waltz's.

Intro: Start on lyrics after 27 beats.

[1-6] Right side together back, Left side together forward

1 2 3 Step R to R side, step L to beside R, step R back,
4 5 6 Step L to L side, step R to beside L, step L forward

[7-12] Rock R fwd, recover L, 1/2 turn R, Pivot 1/4 cross

1 2 3 Rock R forward, recover onto L, turning 1/2 right onto R,
4 5 6 Step L forward, pivot 1/4 right and cross L over R (9:00)

[13-18] Right side, behind, side, Rock L across right, recover R, Step L tog.

1 2 3 Step R to R side, step L behind R, step R to R side,
4 5 6 Rock L across in front of R, recover onto R, Step L to beside R

[19-24] Right back coaster step, Full turn fwd left

1 2 3 Step R back, step L back to beside R, step R forward,
4 5 6 Full turn forward left stepping L R L (Option: Waltz fwd LRL) (9:00)

[25-27] * Bridge - on Walls 1, 2 & 5 - Right Twinkle**

1 2 3 Step R across in front of L, step L to L side, step R to R side ### Restart

[28-33] Left side together fwd, Right side together back

1 2 3 Step L to L side, step R to beside L, step L forward,
4 5 6 Step R to R side, step L to beside R, step R back

[34-39] Back L lock L, back R lock R

1 2 3 Step L back at 45deg L back, Lock R in front of L, step L back,
4 5 6 Step R back at 45deg R back, Lock L in front of R, step R back

[40-45] Waltz back LRL, Waltz fwd turning 1/2 Right

1 2 3 Step L back, step R back to beside L, step L in place,
4 5 6 Step forward R turning 1/2 R, step L R in place (3:00)

[46-51] Step L fwd, touch R and Brush, RightTwinkle

1 2 3 Step L forward, touch R toe beside L, Brush R fwd
4 5 6 Step R across in front of L, step L to L side, step R to R side (3:00)

TAG: 3 beat tag at end of Walls 1, 3 & 6

1 2 3 Left Twinkle

RESTART: ### On Wall 4, Instrumental, restart after Count 27, but instead of doing Right Twinkle, Step fwd onto R, Drag L up to beside R, Drop L Heel taking weight onto L. Start Wall 5 at 6:00

Phrasing Notes: On Walls 2 & 5 where there is no Tag, for Counts 49- 51, don't do the R Twinkle, but (49) Step fwd onto R, (50) Drag L up to beside R, (51) Drop L heel taking weight onto L. On Walls 3 & 6 where there is no 3 beat Bridge, for Counts 22-24 don't do the full turn left, but

(22) Step fwd onto L, (23) Drag R up to beside L, (24) Drop R heel taking weight onto R

ENDING: To finish the dance facing front, on Wall 7 -

1 2 3 Step R to R side, step L to beside R, step R back

4 5 6 Step L to L side, step R to beside R, step L fwd

1 2 3 Rock R fwd, recover onto L, turning 1/2 right onto R

4 5 6 Step L fwd, Pivot 1/2 R, Step L fwd and drag R up to L

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