

Ballerina Waltz

COPPER KNOB
STEPSHETS

拍数: 30 墙数: 4 级数: Intermediate
编舞者: K. Sholes (USA) - March 2014
音乐: Say Something - Pentatonix



Cross, Lift, Lift, Step, Lift, Step

1-3 Step L across R, Lift R foot to side twice (or cross L, Touch R to side, Pause)
4-6 Step R behind L, Lift L knee, Step L to side.

Cross, Lift, Lift, Step, Lift, Step

1-3 Step R across L, Lift L foot to side twice (or cross R, Touch L to side, Pause)
4-6 Step L behind R, Lift R knee, Step R to side.

1/4 Turn -step, Touch, Pause, Step forward, Touch, Pause

1-3 Step L 1/4 to left, Touch R toe to side, Pause. (9:00)
4-6 Step forward R, Touch L toe to side, Pause.

Cross-rock, Recover, Step 1/4 turn left, Run, Run, Run

1-3 Rock L across R, Recover R, Step L 1/4 to left (6:00)
4-6 Run forward R,L,R

Cross-rock, Recover, Step 1/4 turn left, Cross, Side, Cross

1-3 Rock L across R, Recover R, Step L 1/4 to left (3:00)
4-6 Cross R over L, Step L to side, Cross R over L.

Begin Again! Enjoy!

***Note...In the beginning 12 counts, the lift to the sides is lift & then lift a little further without stepping down 1st. Dance can also be done by touching to side & pausing instead of lifting.**

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