

Paper Plate Waltz

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Easy Intermediate
编舞者: Sandy Kerrigan (AUS) - July 2014
音乐: Seasons of Love - Heartbeat : (Album: Once In A Life Time - iTunes)



Dance starts: On Lyrics: wt on R - Version 1:00 – [BPM: 105] Track Length 3:30

Step Side, Back Cross, Step Side, Drag, Together 12:00

1 2 3 Step L to L, Step/Cross R behind L, Cross L over R
4 5 6 Step R to R (wide step) Drag L to R, Step L next to R (wt on L)

Weave with ¼ L, ½ Pivot Turn L 3:00

1 2 3 Cross R over L, Step L to L, Cross R behind L
4 5 6 Turn ¼ L-Step Fwd L, Step Fwd R, ½ Pivot Turn L (wt on L)

Step Fwd, ½ R Step Back, ¼ R to Side, Step Side, Drag, Turn ¼ Hook 3:00

1 2 3 Step Fwd R, Turning ½ R-Step Back on L, ¼ R-Step R to R
4 5 6 Push Step L to L Side, Drag R to meet L,** Turn ¼ R-Hook R over L (use L foot to turn ¼)

RESTART HERE WALL 5:(facing 12:00 wall-No Hook, Drag R to meet L-Step R next to L)

Lock Fwd, ½ Pivot Turn, Step Fwd 9:00

1 2 3 Step Fwd R, Lock L behind R, Step Fwd on R
4 5 6 Step Fwd L, ½ Pivot Turn R (wt on R,) Step Fwd L

Step Fwd, ½ R Back, Step Together, Step Fwd, Together, Together (Basic) 3:00

1 2 3 Step Fwd R, Turning ½ R-Step Back on L, Step R next to L
4 5 6 Step Fwd L, Step R next to L, Step L next to R

Step Back, Drag, Hook,3 Step Circular walk around with 3/8th Turn L (Front L45°)

1 2 3 Long Step back on R, Drag L to R, Hook L over R
4 5 6 3 Step Circular Walk around to face front L45°-Walk L, R, L (L slightly to cross over R)

Step Back R, Brush L to R, Step Fwd L, ½ Pivot Turn L, Step Fwd (Back L45°)

1 2 3 Step Back R (lifting R Heel) Brush L next to R, Step Fwd L (front L45°)
4 5 6 Step Fwd R, ½ Pivot Turn L (wt on L,) Step Fwd R

Fwd Rock Step, Step Back, Back Rock Step, Step Fwd (Back L45°)

1 2 3 Rock Fwd L, Replace Back to R, Step Back L
4 5 6 Rock back R, Replace Back to L, Step Fwd R

[48] To start the dance again, Step L to L Side – Turning R to 6:00 wall.

Note: This dance was mostly choreographed in my coffee break at work,
Whilst listening to the song on facebook, all I could find to write
My notes on was a white paper plate..Hence the name.
Thank you to HeartBeat Duo for the amazing song, and friendship.

Contact: <http://www.kerrigan.com.au> - lassoo@optusnet.com.au - 0412 723 326

Last Update - 20th July 2014