

# Caledonia

拍數: 51      牆數: 0      級數: Phrased Intermediate waltz  
編舞者: Nicola Lafferty (UK) - April 2015  
音樂: Caledonia - Ward Thomas : (Album: From Where We Stand)



Intro: □□ 12 Count Intro

Note: □□ Sequence of the dance is A A B B Tag A A B B B A A B to finish  
It sounds complicated – but A is the verse and B is the Chorus

**Part A (Verse - 27 Counts):**

**[1-6] □□ Syncopated Weave, Cross Check**

1&            Cross LF over RF, Step RF to R side  
2,3            Cross LF behind RF, Step RF to R side  
4,5,6          Cross rock LF over RF, Recover weight to RF, Step LF to L side

**[7-12] □□ Twinkle with ½ Turn, Cross Unwind, Sweep**

1,2,3          Cross RF over LF, make a ¼ turn to R stepping LF back, make ¼ turn to R stepping RF to R side (face 6.00)  
4,5,6          Cross LF over RF, Unwind a full turn to R (keeping weight on LF), Sweep RF round from front to back

**[13-18] □□ Step Back, Side Rock Recover, Step Back Point and Hold**

1,2,3          Step RF back, Rock LF to L side, recover weight to RF  
4,5,6          Step LF back, Point RF to R side, Hold

**[19-24] □□ Full turn travelling fwd, Step fwd, Step ½ Pivot Left**

1,2,3          Step RF fwd, make ½ turn R stepping LF back, make ½ turn R stepping RF fwd  
4,5,6          Step LF fwd, Step RF fwd, ½ pivot turn L transferring weight to LF (face 12.00)

**[25-27] □□ Slow ½ Turn to Right**

1,2,3          Making ½ turn over your R shoulder, slowly transfer the weight from L to R

**Part B (Chorus - 24 Counts):**

**[1-6] □□ Left Box into a Side Chasse**

1,2,3          Step LF fwd, Step RF to R side, Close LF to RF  
4,5&6          Step RF back, Step LF to L side, Close RF to LF, Step LF to L side

**[7-12] □□ Right Box into a Side Chasse**

1,2,3          Step RF fwd, Step LF to L side, Close RF to LF  
4,5&6          Step LF back, Step RF to R side, Close LF to RF, Step RF to R side

**[13-18] □□ Twinkle, Lock step with ½ Turn Right**

1,2,3          Cross LF over RF, Step RF to R side, Step LF to L diagonal  
4,5&6          Step RF fwd, making ½ turn over R shoulder, Step LF back, Lock RF in front of LF, Step LF a small step back (face 6.00)

**[17-24] □□ Basic Fwd, Step fwd, ½ Turn to Left, Hold**

1,2,3          Walk Fwd RF, LF, RF  
4,5,6          Step LF fwd, make ½ Turn to L closing RF to LF, Hold

**Tag (6 Counts):**

**[1-6] □□ 2 x Cross Checks**

1,2,3          Cross rock LF over RF, recover weight to RF, Step LF to L side  
4,5,6          Cross rock RF over LF, recover weight to LF, Step RF to R side

