

SHedaisy WALTZ

COPPER KNOB
STEPPERS

拍數: 48 牆數: 2 級數: Intermediate waltz
編舞者: Michael Barr (USA) & Michele Burton (USA) - June 2015
音樂: This Woman Needs - SHedaISY : (CD: The Whole Shebang)



Lead: 24 cts.

[1-6] □ TWINKLE – STEP, SWEEP, TOUCH

- 1 – 3 Step L forward to right diagonal; Step ball of R side right; Step L in place while turning body to left diagonal
- 4 – 6 Step R forward to the left diagonal; □ (facing 11:30) Sweep L ½ circle (from back to front, ending with left toe to right instep - 3rd position) □ (facing 12:30)

[7-12] □ DIAGONAL BALANCE FORWARD & BACK

- 1 – 3 Step L forward to 12:30; Step R forward; Return weight onto L in place □ (facing 12:30)
- 4 – 6 Step R back; Step L back; Small Step R forward (still on slight right diagonal) (facing 12:30)

[13-18] □ FRONT, SIDE, BEHIND – SIDE, SLOW LEAN TO R (3 ct. prep for left turn)

- 1 – 3 Step L forward in front of R; Step R side right; Step L behind R □ (facing 12 o'clock)
- 4 – 6 Step R side right slowly transferring weight to R for counts 4-6 (open body to right diag.) □ (facing 2 o'clock)

Syiling: □ Shape upper body with arms to the right diagonal for the 3 counts

[19-24] □ 1 ¼ TURN LEFT – STEP SLOW KICK FOR 2 COUNTS (dèveloppé)

- 1 – 3 Turn ¼ left stepping L in place; Turn ½ left stepping R back; Turn ½ left stepping L forward (facing 9 o'clock)
- 4 – 6 Step R forward; Slowly raise L leg/foot into a 2 count kick (5-6) □ (facing 9 o'clock)

[25-30] □ RUN BACK 3 STEPS - BACK, SIDE, TOGETHER

- 1 – 3 Step L back; Step R back; Step L back □ (facing 9 o'clock)
- 4 – 6 Step R back; Step L side left; Step R next to L turning to right diagonal

[31-36] □ TWINKLE – TWINKLE ½ SPIRAL

- 1 – 3 Step L to forward right diagonal; Step ball of R side right; Step L in place while turning body to left diagonal
- 4 – 6 (4) Step R to forward left diagonal; (5) Step L side left (begin ½ turn) (6) On the ball of L continue ½ turn right lifting R slightly off floor (2 ct. turn) (facing 3 o'clock)

[37-42] □ LUNGE, RECOVER ¾ TURN – STEP BACK, DRAG, STEP

- 1 – 3 Lunge R side right (bring torso over bent right knee, left leg straight) (arms in "L", left arm forward, right arm extended to right); Recover weight onto L while making ¼ turn to left; Turn ½ left stepping back on R (facing 6 o'clock)
- 4 – 6 Step L back; Drag R heel or toe towards left; Step R next to left (weight R)

[43-48] □ PRESS RETURN (angle left) - PRESS RETURN (angle right)

- 1 – 3 Press forward onto L to right diagonal with out-stretched left arm, palm up; Recover weight back onto R in place; Step L beside R
- 4 – 6 Press forward onto R to left diagonal with out-stretched right arm, palm up; Recover weight back onto L in place; Step R beside left (facing 6 o'clock)

Let's Dance It Again

Tags: Same tag X 3

End of Wall 2 (12 o'clock); End of Wall 4 (12 o'clock); End of Wall 5 (6 o'clock)

4 – 6

Press forward onto L to right diagonal; Recover weight back onto R in place; Touch drag L next to R

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