Legend In My Time



拍數: 48 編數: Phrased Novice waltz

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音樂: (I'd Be) a Legend in My Time - Mandy Barnett



Sequence: A - A - B - A - A - B - A - End

Λ	24	001	ınts
А	74	(x)	mus

A01: ☐ Basic waltz forward with ½ turn left – Basic waltz back

1-2-3 LF. step ½ turn left forward – RF. step back – LF. step together beside RF. [6]

4-5-6 RF. step back – LF. step beside RF. – RF. step on de place beside LF.

A02: ☐ Twinkle forward – Twinkle with ½ turn right

1-2-3 LF. cross over RF. – RF. step to the right side – LF. step beside RF.

4-5-6 RF. step ¼ turn right forward – LF. step ¼ turn right forward – RF. step beside LF. [12]

A03: Weave to right side - Side rock - Recover with 1/2 turn left - Step right forward

1-2-3 LF. cross over RF. – RF. step to the right side – LF. cross behind RF.

4-5-6 RF. rock to the right side – Rec. weight onto LF. with ¼ turn left – RF. step forward [9]

A04: ☐ Basic waltz forward with ½ turn left – Step back – Side rock – Recover

1-2-3 LF. step ½ turn left forward – RF. step back – LF. step together beside RF. [3]

4-5-6 RF. step back – LF. rock to the left side – Recover weight onto RF.

B: 24 counts

B01: ☐ Lunge - Recover - Step back - Rolling vine full turn to right

1-2-3 LF. rock diagonally right forward – Recover weight onto RF. – LF. step back

4-5-6 RF. step ¼ turn right fwd. – LF. step ½ turn right back – RF. step ¼ turn to the right side

B02: □Cross over – Side rock - Recover (2 x)

1-2-3 LF. cross over RF. – RF. rock to the right side – Recover weight onto LF.

4-5-6 RF. cross over LF. – LF. rock to the left side – Recover weight onto RF.

B03: □Lunge - Recover - Step back - Step forward - Sweep ½ turn right (back to front) - Side touch

1-2-3 LF. rock diagonally right forward – Recover weight onto RF. – LF. step back

4-5-6 RF. step forward – LF. sweep ½ turn right from back to front – LF. touch to the left side

B04: ☐ Cross over - Touch - Hold - Cross over - Unwind ½ turn left - Step together

1-2-3 LF. cross over RF. – RF. touch to the right side - Hold

4-5-6 RF. cross over LF. – LF./RF. ½ turn left – RF. step beside LF. (Weight onto RF.)

End:

E01: ☐ Twinkle forward – Twinkle with ½ turn right

1-2-3 LF. cross over RF. – RF. step to the right side – LF. step beside RF.

4-5-6 RF. step ¼ turn right forward – LF. step ¼ turn right forward – RF. step beside LF.

E02: ☐ Weave to right side – Side rock – Recover with ¼ turn left – Step forward

1-2-3 LF. cross over RF. – RF. step to the right side – LF. cross behind RF.

4-5-6 RF. rock to the right side – Recover weight onto LF. with ¼ turn left – RF. step forward

E03: ☐ Step forward – Cross over – Turn left slowly to 12.00

1-2-3 LF. step forward – RF. cross over LF. – Turning left slowly to 12.00

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