

La La Waltz

COPPER KNOB
BY STEPHEN KERRIGAN

拍數: 24 牆數: 4 級數: Senior / Beginner Waltz
編舞者: Sandy Kerrigan (AUS) - January 2017
音樂: Love is a Beautiful Song - Daniel O'Donnell : (Album: The Ultimate Collection - iTunes)



Dance starts on lyrics - wt on R – BPM [101:] – Track Length 2.24

Fwd Left Coaster Step, Right Back Basic Waltz with Heel Lift 12:00

1 2 3 Step Fwd Left, Step R next to L, Step Back on L
4 5 6 Step Back on R, Step L next to R, Step R next to L (keeping Heels uplifted)

Left Side Rock, Cross, Right Side Open Rock Step 12:00

1 2 3 Rock L to L Side, Replace R to R Side, Cross L over R
4 5 6 Rock R to R Side, Rock L to L Side, Rock R to R Side (feet apart-with bounce)

Left Cross Twinkle, Cross, ¼ Back, ¼ Step Side 6:00

1 2 3 Cross L over R, Rock R to R Side, Rock L to L Side
4 5 6 Cross R over L, Turning ¼ R-Step Back on L, ¼ R-Step R to R Side

Cross Lunge, ¼ Fwd, Fwd ½ Pivot Turn, Step Fwd 9:00

1 2 3 Cross Lunge L over R, Replace to R, Turning ¼ L-Step Fwd L 3:00
4 5 6 Step Fwd R, ½ Pivot Turn L-wt on L, Step Fwd R

[24]

Note: If you dance to the end of the song, follow the beat with you feet and make your own adjustment to feel the rhythm...

** Dedicated to my Darling Mother, I miss her everyday....

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