

On Your Own

拍數: 48 牆數: 2
編舞者: Neil Smith (UK) - September 2017
音樂: With Pen In Hand - Vikki Carr

級數: Advanced rise & fall waltz



[1-6] NATURAL PIVOT TURN, RUNNING FINISH

- 1 forward right commencing to turn right
- 2 continue to turn right forward left
- 3 complete $\frac{1}{4}$ turn to right forward right
- 4 back left (slip step) continue turning right
- 5 continue turning right forward right
- & continue turning right forward left
- 6 complete turn to right forward right facing 1:30

[7-12] SLOW LOCK , BACK CHASSE

- 1 back left
- 2 back right
- 3 cross left in front of right
- 4 back right
- 5 commence to turn $\frac{1}{4}$ left back left
- & complete $\frac{1}{4}$ turn left lose right to left
- 6 side left

[13-18] 2 x TWINKLE

- 1 forward right across body
- 2 forward left
- 3 forward right as right foot passes under the body make $\frac{1}{8}$ turn to right
- 456 repeat on left

[19-24] 360 SWEEP TO RIGHT , PUSH TURN TO LEFT

- 1 forward right
- 2-3 with left extended turn 360 degrees to right
- 4 forward left
- 5 forward right $\frac{1}{2}$ turn left
- 6 forward left

[25- 30] REVERSE BALANCE WITH $\frac{1}{2}$ TURN 360 PLATFORM SPIN

- 1 forward right
- 2 forward left commencing to turn right
- & complete $\frac{1}{2}$ turn right back right
- 3 close left to right
- 4 forward right
- 5-6 close left to right ww spin 360 to right

[31-36] STEP POINT HOLD x2 WITH $\frac{1}{4}$ TURN LEFT

- 1 forward left across body $\frac{1}{8}$ turn left
- 2 point right to right side
- 3 hold
- 4 forward right across body $\frac{1}{8}$ turn left
- 5 point left to left side
- 6 hold

[37-42] 2x DOUBLE REVERSE SPIN (feminin)

1 back left
2 close right to left heel turn $\frac{1}{2}$ right
& forward left continuing to turn right
3 complete 2nd $\frac{1}{2}$ turn right cross right in front of left
4&5 repeat

[43-48] ROCK TURN $\frac{3}{4}$ TURN , SYNCOPATED TRAVELING PIVOTS 1 $\frac{1}{4}$ TURN

1 back left
2 forward right
3 back left making a $\frac{3}{4}$ turn right across all 3 steps
4 forward right commencing to turn right
5 back left continuing to turn right
& forward right continuing to turn right
6 side left

REPEAT

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