Anchor Waltz



拍數: 48 牆數: 2 級數: Improver

編舞者: Roger Neff (USA) - October 2017

音樂: Anchor - Mindy Gledhill

Intro: 24 counts



[1-6] STEP DIAGONALLY LEFT FORWARD ON L, ROCK FORWARD ON R, RECOVER, STEP BACK ON R, BACK ON L, STEP R (Straighten up to 12:00 wall)

1-2-3 Step diagonally forward on L, Rock forward on R, Recover on L
4-5-6 Step back on R, Step back on L, Step to R straightening up to 12:00

[7-12] WEAVE TO R, STEP R, ROCK L OVER R, RECOVER

1-2-3 Step L over R, Step R, Step L behind R4-5-6 Step R, Cross rock L over R, Recover on R

[13-18] 2 FULL TURNS WITH CANTER RHYTHM

1-2-3 Turn ¼ to L (9:00) and step forward on L, Rotate 1 full turn over L shoulder (2), Step on R

beside L (12:00)

4-5-6 Turn ¼ to L (9:00) and step forward on L, Rotate 1 full turn over L shoulder (2), Step on R

beside (12:00)

NOTE ALTERNATE STEPS FOR TURNS: Step L, Hold, Close R, Step L, Hold, Close R

[19-24] LONG STEP L, DRAG R TO L, STEP ON R, STEP L OVER R, STEP R, STEP L BEHIND R

1-2-3 Take long step to L straightening up to 6:00, Drag RF up to LF (2), Step on R (3)

4-5-6 Step L over R, Step R, Step L behind R

[25-30] STEP R, CROSS ROCK L OVER R, RECOVER, STEP L, CROSS ROCK R OVER L, RE-COVER

1-2-3 Step R, Cross rock L over R, Recover on R 4-5-6 Step L, Cross rock R over L, Recover on L

[33-36] $\frac{1}{4}$ TURN TO R AND STEP ON R, TURN $\frac{1}{4}$ TO R AND STEP BACK ON L, STEP BACK ON R, HOOK, RECOVER

1-2-3 Turn ¼ to R and step on R (1), Turn ¼ to R (2) and step back on L (3)

4-5-6 Step back on R, Hook L over R, Step forward on L

[37-42] R TWINKLE, L TWINKLE

1-2-3 Step R over L, Rock to L, Recover on R stepping slightly forward 4-5-6 Step L over R, Rock to R, Recover on L stepping slightly forward

[43-48] WEAVE TO L, LONG STEP TO L, DRAG RF UP TO LF, STEP ON R WHEN NO TAG

1-2-3 Step R over L, Step L, Step R behind L

4-5-6 Take long step to L, Drag RF up to LF, Step on R

TAG: The tag occurs at the end of walls 1, 2, 4, 6 and consists of a sway to R for 3 counts and to L for 2 counts and stepping on RF for count 6:

1-2-3 Step R into sway

4-5-6 Step L into sway for counts 4-5, Step on RF on count 6

Wall 6 ends on the 12:00 wall. Continue R and L sways until music stops.

Contact Roger at: lingofun@sbcglobal.net

