

Anchor Me Back Down Waltz

COPPER KNOB
BY STEPHEN

拍數: 24 牆數: 4 級數: Intermediate waltz
編舞者: Helaine Norman (USA) - October 2018
音樂: Anchor - Mindy Gledhill



Note: Music slows down at times. Just keep dancing to its rhythm. Tags are easy to hear in the music.

I. WALTZ BALANCE

1-3 Step L forward, step R together, step L together
4-6 Step R back, step L together, step R together

II. MODIFIED TWINKLES

1-3 Step L over, rock R side, recover to L together
4-6 Step R over, rock L side, recover to R side (not together)

III. Ronde Behind Side Cross, Side Drag

1-3 Sweep (small) L behind R, step R side, step L over R
4-6 Step (big) R side, drag L together

V. ¼ L TURN, POINT HOLD, BACK, POINT HOLD

1 Step L making ¼ turn left
2-3 Point R side, hold
4 Step R back
5-6 Point L side, hold

REPEAT

6- COUNT TAG: FORWARD, ½ PIVOT L TURN; WALTZ BACK
1 Step L forward
2-3 Step R forward making ½ pivot turn left, weight to L
4-6 Step R back, step left together, step right together

End of wall 2 facing 6:00

End of wall 4 facing 6:00

End of wall 8 facing 12:00

End of wall 12 - end with the tag facing 12:00. Replace the back waltz with step R back, drag L together (weight stays on R), pose.

Contact: helaine43@gmail.com

Last Update - 14 Feb 2022 R2