

Mother...How Are U (Waltz)

COPPER KNOB
BY SHEETS

拍數: 48 牆數: 4 級數: Intermediate waltz
編舞者: Syafri's Fitri (INA) - December 2021
音樂: Mother How Are You Today - Freberika Napitupulu : (Cover)



START : After 6 Count

RESTART: On Wall4 after24C

I. BASIC WALTZ FWD - TURN 1/2 WALTZ

123 Step LF fwd, Close RF next to LF , step LF Inplace
456 Turn 1/2 R stepping RF fwd, Close LF next to RF, step RF Inplace

II. CROSS ROCK - SIDE - CROSS ROCK TURN1/4-SIDE

123 Cross rock LF over RF, Recover onto RF, step LF to L
456 Cross rock RF over LF, Turn 1/4 R recover onto LF, step RF to R

III. CROSS - SIDE - BEHIND (Sweep)-BEHIND - SIDE - FWD

123 Cross LF over RF, step RF to R, step LF behind RF sweeping front to back
456 Cross RF behind LF, step LF to L, step RF fwd

IV. FWD - TURN 1/2 WALTZ- BACK WALTZ

123 Step LF fwd, Turn 1/2 L stepping RF back, step LF Inplace
456 Step RF back, Close LF next to RF, step RF Inplace

V. FWD - TURN 1/2 WALTZ-BACK WALTZ

123 Step LF fwd, Turn 1/2 L stepping RF back, step LF Inplace
456 Step RF back, Close LF next to RF, step RF Inplace

VI. BALANCE WALTZ L/R

123 Step LF to L, Cross Rock RF behind LF, Recover onto LF
456 Step RF to R, Cross Rock LF behind RF, Recover onto RF

VII. SLIDE - DRAG -TURN 1/2 WALTZ

123 Slide/big step LF to L, Hold, Drag RF toward LF
456 Turn 1/4 R stepping RF fwd, turn1/4R stepping LF to L, step RF Inplace

VIII. TWINKLE L/R

123 Cross LF Over RF, step RF to R step LF Inplace
456 Cross RF Over LF, step LF to L step RF Inplace

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