

# Progress Waltz

**COPPER** **KNOB**  
BY STEPHEN

拍數: 42                      牆數: 4                      級數: High Improver waltz  
編舞者: Sandy Carty Hodges (USA) - August 2022  
音樂: Progress - John Rich



Intro: \_30 Cts.\_One Tag/ No Restarts

**SECTION ONE: STEP FORWARD ON LEFT, TAP RIGHT TOE TWICE, STEP BACK ON RIGHT FOOT DOING A ½ TURN LEFT, STEP ON LEFT THEN ON RIGHT.**

1-3                      Step forward on left foot, tap right toe twice,  
4-6                      Step back on right foot while making a ½ turn left stepping on left foot, then on right foot.

**SECTION TWO: REPEAT SECTION ONE:**

1-3                      Step forward on left foot, tap right toe twice,  
4-6                      Step back on right foot while making a ½ turn left stepping on left foot, then on right foot.

**SECTION THREE: PRESS LEFT THEN RIGHT**

1-3                      Step left foot diagonal across right, step back on right, step left next to right.  
4-6                      Step right diagonal across left, step back on left, step right next to left.

**SECTION FOUR: DIAGONAL ( 1:00) STEP LEFT, KICK RIGHT TWICE, ½ TURN LEFT, STEP RIGHT AND LEFT ( 7:00)**

1-3                      Step diagonal to right on left (1:00) kick right out twice,  
4-6                      Step back on right while making a ½ turn to the left ( 7:00) stepping on left then on right.

**SECTION FIVE: DIAGONAL (7:00 ) STEP LEFT ,KICK RIGHT TWICE, ¾ RIGHT, (3:00) STEP LEFT , RIGHT LEFT.**

1-3                      Step diagonal to right, on left, at 7:00, kick right foot out twice,  
4-6                      Step back on right while doing a ¾ turn to the right at 3:00, stepping on left then right.

**SECTION SIX: SIDE,ROCK RECOVER LEFT, THEN RIGHT.**

1-3                      Step left to left side, rock back on right, step back on left,  
4-6                      Step right to right, rock back on left, step back on right.

**SECTION SEVEN: FULL TURN BASIC LEFT.**

1-3                      Basic step L-R-L forward making ½ turn left,  
4-6                      Stepping R-L-R making another ½ left.

**\*\*At the end of wall 3, at 9:00, there is a 6 count tag: Step forward left, point right toe, step forward right, point left toe. Start dance again.**

**E.O.D. This is a fast waltz but lots of fun. Smile and enjoy.**