

Rita's Waltz (Walker-Rollator)

COPPER KNOB
STEPSHETS

拍數: 24 牆數: 4 級數: Improver - Walker
編舞者: Jo Thompson Szymanski (USA) - September 2014
音樂: Somebody Loves You - Scooter Lee
或: Tucson Too Soon - Tracy Byrd
或: Fields Of Forever - Rick Tippe
或: Christmas Card - Scooter Lee
或: I Still Believe - Scooter Lee



(Originally for her mom, Rita)

(Walker modifications provided, with Choreographer's permission, by A.J. Herbert, ajluv2dans@gmail.com, Certified Group Exercise Instructor, National Exercise Trainer's Association (NETA), including ABLE Bodies Balance Training, FallProof!, and Fitness Over Fifty.)

WALTZ BALANCE FORWARD, BACK, FORWARD, BACK

1-3 Step L forward (1), Step R beside L (2), Step L in place (3).
4-6 Step R back (4), Step L beside R (5), Step R in place (6).
1-6 Repeat above 6 counts.

WALTZ FORWARD BEGINNING 1/4 ARC LEFT, WALTZ BACK

1-3 Step L forward (1), Step R beside L (2), Step L in place (3).
4-6 Step R forward (4), Step L beside R (5), Step R in place (6).
1-3 Step L back (1), Step R beside L (2), Step L in place (3).
4-6 Step R back (4), Step L beside R (5), Step R in place (6).

START AGAIN FROM BEGINNING OF DANCE.
