Slow Rider

拍數: 48

級數: Beginner Waltz

編舞者: Myra Harrold (SCO) - June 2023

音樂: Horses & Weed - Ian Munsick

INTRO:24 COUNTS 1 RESTART ON WALL 7

SECT:1. BASIC WALTZ FWD, BASIC WALTZ BACK

LF FWD, CLOSE RF TO LF, CLOSE LF TO RF, RF BACK, CLOSE LF TO RF, CLOSE RF TO 1,2,3,4,5,6. LF (12)

SECT:2. WEAVE R,SIDE STEP DRAG

CROSS LF OVER RF, RF TO R, LF BEHIND RF, RF BIG STEP R, DRAG LF TO RF (12) 1,2,3,4,5,6.

SECT:3 CROSS ROCK.WEAVE L

ROCK LF OVER RF, RECOVER WEIGHT TO RF, LF TO L, CROSS RF OVER LF, LF TO 1,2,3,4,5,6. L,RF BEHIND LF(12)

SECT:4. SIDE STEP DRAG.CROSS ROCK

1,2,3,4,5,6 LF BIG STEP L, DRAG RF TO LF, ROCK RF OVER LF. RECOVER WEIGHT TO LF, RF TO R. (12)***

SECT:5. WEAVE ¼, BACK BASIC WALTZ

1,2,3,4,5,6. CROSS LF OVER RF, PIVOT ¼ L, RF BACK, LF BACK, RF BACK, CLOSE LF TO RF, CLOSE RF TO LF (9)

RESTART HERE ON WALL 7 FACING 3 0.CL0CK

SECT:6. CROSS TWINKLE, CROSS TWINKLE

- CROSS LF OVER RF, RF TO R, CLOSE LF TO RF TURNING SLIGHT DIAG. L, CROSS RF 1,2,3,4,5,6. OVER LF, LF TO
- L, CLOSE RF TO LF TURNING SLIGHT DIAG. R. (9)

SECT:7. BASIC WALTZ FWD,1/2 REVERSE TURN

LF FWD, CLOSE RF TO LF, CLOSE LF TO RF, RF BACK, PIVOT ½ L, LF FWD, RF FWD. (3) 1,2,3,4,5,6.

SECT:8. BASIC WALTZ FWD, BACK, POINT, HOLD

LF FWD, CLOSE RF TO LF, CLOSE LF TO RF, RF BACK, POINT LF TO L, HOLD. (3) 1,2,3,4,5,6

***THIS WALTZ CAN BE ADAPTED FOR A/B DANCERS.AFTER 23 COUNTS TURN 1/4 R ON RF ***





牆數:4