

Lauren's Waltz (P)

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 0 級數: Partner
編舞者: Robert Hocking (UK) & Lauren Parr
音樂: You Ain't Heard Nothin' Yet - Joe Nichols



Position: Open Hand Hold, facing each other. Man facing OLOD. Opposite footwork throughout

MAN'S STEPS

CROSS TWINKLE, CROSS TWINKLE ¼ TURN, ½ TURN BASIC FORWARD

1-3 Cross left over right, step right to right, step left beside right

Release man's right hand

4-6 Cross right over left, step left to left turning ¼ turn to right, step forward on right

Release inside hands

7-9 Step forward on left, pivot ½ right, step forward on left

Rejoin inside hands

10-12 Basic waltz forward on right-left-right

CROSSING TWINKLES TWICE

Taking lady's right in man's left hand, and raising over lady's head

13-18 Cross left over right (crossing behind lady), step right together, step left beside right, changing hands raise right over lady's head, cross right over left, (crossing behind lady), step left together, step right beside left

¾ TURN, CROSS ¼ TURN, ROCK, STEP TURN

Releasing hands

19-21 Stepping left-right-left, making ¾ turn left

Facing OLOD, rejoin both hands

22-24 Cross right over left, step left to left making ¼ turn to right (RLOD), (holding inside hands) step back on right

25-27 Rock back on left, forward on right, step forward on left

28-30 Step forward on right, pivot ½ turn left, step forward on right

Release inside hands, join right hands, right hands over lady's head lady facing RLOD

FULL TURN (LADY ½ TURN), BASIC FORWARD

31-33 Stepping left, right, left make full turn to left

Lowering hands in front, rejoining left, hands on top in position

34-36 Basic forward on left-right-left

CROSSING FULL TURN, STEP TURN, ½ TURN, BASIC

37-39 Step left behind right (behind lady), right to right, step left in place

Both hands over lady's head

40-42 Step right-left-right, making ¼ turn left (ILOD)

Release left hands, changing sides passing right shoulder to right shoulder right hands (over lady's head)

43-45 Step forward right-left-right, making ½ turn to right (OLOD)

Rejoin hands in open hand hold

46-48 Step left-right-left

REPEAT

LADY'S STEPS

CROSS TWINKLE, CROSS TWINKLE ¼ TURN, ½ TURN BASIC FORWARD

1-3 Cross right over left, step left to left, step right beside left

Release man's right hand

4-6 Cross left over right, step right to right making $\frac{1}{4}$ turn to left, step forward on left

Release inside hands

7-9 Step forward on right, pivot $\frac{1}{2}$ turn left, step forward on right

Rejoin inside hands

10-12 Basic waltz forward on left-right-left

CROSSING TWINKLES TWICE

Taking lady's right in man's left hand, and raising over lady's head

13-18 Cross right over left (passing in front of man), step left together, step right beside left, changing hands passing in front of man, cross left over right, step right beside left, step right beside left

$\frac{3}{4}$ TURN, CROSS $\frac{1}{4}$ TURN, ROCK, STEP TURN

19-21 Stepping right-left-right, making $\frac{3}{4}$ turn right facing (ILOD)

22-24 Cross left over right, step right to right making $\frac{1}{4}$ turn to left, (RLOD)

25-27 Step back on left, rock back on right forward on left

28-30 Step forward on right, step forward on left, pivot $\frac{1}{2}$ turn, step forward on left making $\frac{1}{2}$ turn right

Release inside hands, join right hands, right hands over lady's head lady facing RLOD

FULL TURN (LADY $\frac{1}{2}$ TURN), BASIC FORWARD

31-33 Step back on right making $\frac{1}{2}$ turn to right, step forward left, step forward right

Lowering hands in front, rejoining left, hands on top in position

34-36 Basic forward on right-left-right

CROSSING FULL TURN, STEP TURN, $\frac{1}{2}$ TURN, BASIC

37-39 Full turn to left crossing in front of man to his left side, stepping right, left, right

Both hands over lady's head

40-42 Turn $\frac{3}{4}$ to left, stepping left, right, left (OLOD)

Release left hands, changing sides passing right shoulder to right shoulder right hands (over lady's head)

43-45 Step forward left-right-left, making $\frac{1}{2}$ turn to left (ILOD)

Rejoin hands in open hand hold

46-48 Step right-left-right

REPEAT
