

Light Waltz

拍數: 48 牆數: 2 級數: waltz
編舞者: Todd Gross (USA)
音樂: Could I Have This Dance - Anne Murray



The step description is divided into 8 waltz basics, where the 1st and 4th count of each basic are longer than the other counts, and the 1st count is on the left foot.

PIVOT ROLL RIGHT, JAZZ STEP LEFT

- 1 Half-turn to the right on right foot, place left foot on ground
You will get your turning momentum from your right leg, with little help from the left
- 2 Pivot quarter-turn to the right on both feet (right foot will be ahead of left), place weight on right foot
- 3 Step left foot next to right foot
- 4 Step right foot forward left in front of left foot
- 5 Lift left foot, quarter-turn to the left, place left in previous location (but now facing ¼ turn to left of previous position)
- 6 Place right foot next to left (travels back and slightly to left)

PIVOT ROLL RIGHT, JAZZ STEP

- 7 Half-turn to the right on right foot, place left foot on ground
You will get your turning momentum from your right leg, with little help from the left
- 8 Pivot quarter-turn to the right on both feet (right foot will be ahead of left), place weight on right foot
- 9 Step left foot next to right foot
- 10 Step right foot forward left in front of left foot
- 11 Step left foot slightly to left and very slightly behind current place
- 12 Place right foot next to left foot

SWITCHBACK RIGHT, SWITCHBACK LEFT

- 13 Step left foot forward right diagonally (long step)
- 14 Step right foot forward right diagonally about half as far as left foot (both feet should be pointed forward right)
- 15 Place left foot next to right, turning both feet facing forward
- 16 Step right foot forward left diagonally
- 17 Step left foot forward left half as far as right
- 18 Place right foot next to left, turning both feet facing forward

Placing the right foot slightly back from the left will make the next move easier

TWINKLE ROLL RIGHT, TWINKLE ROLL LEFT

- 19 Step left foot to right of right foot, both feet pointing to right
- 20 Three-eighths turn to the left on left foot, place right foot in front of left
- 21 Three-eighths turn to the left on right foot, place left foot next to right
- 22 Step right foot to left of left foot, both feet pointing to left
- 23 Three-eighths turn to the right on right foot, place left foot in front of right
- 24 Quarter turn to the right on left foot, place right foot next to left (both feet should be pointed forward left)

ZIG LEFT, ZAG LEFT

- 25 Step left foot forward left
- 26 Place right foot next to left, leaving weight on left foot
- 27 Pivot to the right on ball of left foot so foot points forward right, keep weight on left foot

- 28 Step right foot backward left
- 29 Place left foot next to right foot, leaving weight on right foot
- 30 Pivot to the left on ball of right foot so foot now points forward left, keep weight on right foot

ZIG LEFT, WIND LEFT

- 25 Step left foot forward left
- 26 Place right foot next to left, leaving weight on left foot
- 27 Pivot to the right on ball of left foot, keep weight on left foot, feet should both be pointed *forward* at end
- 34 Step right foot to left foot, both feet pointing forward
- 35 Pivot half-turn to the right on both feet (legs unwound, feet pointing forward)
- 36 Pivot half-turn to the right on both feet (legs wound, left in front of right, feet pointing forward, weight on right foot)

SLIDE LEFT, CROSS PIVOT LEFT

- 37 Step left foot to left, pointing forward
- 38 Slide right foot to left
- 39 Continue sliding right foot next to left, touching right toe next to left foot (weight still on left foot)
- 40 Cross right foot in front of left, pointing toward left (left foot still points forward, weight on right foot)
- 41 Pivot quarter-turn to the right on both feet, weight transferred to left foot (both feet pointing forward)
- 42 Pivot quarter-turn to the right on both feet, weight transferred to right foot (both feet pointing forward, left ahead of right)

SLIDE UP, SLIDE BACK

- 43 Step left foot forward
- 44 Slide right foot forward halfway to left foot
- 45 Continue sliding right foot forward, touch right toe next to left foot (weight still on left foot)
- 46 Step right foot backward
- 47 Slide left foot backward halfway to right foot
- 48 Continue sliding left foot backward, touch left toe next to right foot (weight still on right foot)

REPEAT
