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