

Little J's Waltz

拍數: 42 牆數: 1 級數: Intermediate waltz
編舞者: Charlie Bowring (UK)
音樂: Mexican Wind - Jann Browne



Dedicated to my good friend Janet Elizabeth Lloyd

½ TURN LEFT, BALANCE STEP

- 1 Step forward on left starting to turn ½ left
- 2 Step back on right
- 3 Completing ½ turn left, step back on left
- 4 Step back on right
- 5 Step left beside right
- 6 Step right forward

SIDE ROCK, DIAGONALLY ACROSS LEFT AND RIGHT

- 7 Step left to side
- 8 Rock on to right
- 9 Step left diagonally across right
- 10 Step right to right side
- 11 Rock on to left
- 12 Step right diagonally across left

ROCK, ¼ TURN LEFT INTO FULL REVERSE RONDE, SYNCOPATED WALTZ

- 13 Step left to side
- 14 ¼ turn left on ball of right foot
- 15 Full turn left on ball of right (sweeping left toe round for balance, left foot ends up forward of right)
- 16 Step forward left

Easy alternative:

ROCK, ¼ TURN LEFT INTO FULL REVERSE RONDE, SYNCOPATED WALTZ

- 13-15 ¼ turn left stepping left, right, left
- 16-18 Step back right, left, right
- 17 Rock back on to right
- &18 Step left beside right, step back on right

SIDE, ROCK, STEP 1 ¼ TURNS RIGHT

- 19 Step left to side
- 20 Step right across left
- 21 Rock back on to left
- 22-24 Step right, left, right turning 1 ¼ right

STEP SLIDE ¾ LEFT RONDE

- 25 Step left forward
- 26 Slide left to right
- 27 Step left forward
- 28-30 ¾ turn left on ball of left foot, sweeping right foot round (smoothly transfer weight to right)

BEHIND, ROCK STEP, WEAVE LEFT

- 31 Step left behind right
- 32 Rock forward on to right

- 33 Step left to left side
- 34 Step right behind left
- 35 Step left to side
- 36 Step right across left

¼ TURN LEFT, BACK, BACK, ½ TURNS RIGHT

- 37 Step left to side turning ¼ turn left
- 38 Step back right
- 39 Step back left
- 40 ½ turn right on ball of left, stepping right forward
- 41 ½ turn right on ball of right, stepping left back
- 42 ½ turn right on ball of left, stepping right forward

REPEAT
