

The "London" Waltz (P)

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 0 級數: Partner
編舞者: Bryan Summers (UK) & Ann Summers
音樂: If It Ain't One Thing (It's You) - Alan Jackson



Position: Sweetheart

MAN'S STEPS

BASIC WITH MAN'S FOOT CHANGE

- 1 Left step forward
- 2 Right step forward
- 3 Left step forward
- 4 Right step forward
- 5 Left touch beside right
- 6 Left step forward

ROCK STEPS FACING OUTSIDE LOD

Man and lady on same footwork. Arms should be parallel at shoulder height

- 1 Step right turning $\frac{1}{4}$ to face outside LOD
- 2 Step slightly back and rock onto left
- 3 Place right beside left
- 4 Cross left over right (in fifth)
- 5 Rock back onto right foot
- 6 Place left beside right

$\frac{1}{4}$ TURN INTO BASIC WITH LEFT VINE

Arms return to sweetheart position

- 1 Step right making $\frac{1}{4}$ turn to LOD
- 2 Left step forward
- 3 Right step forward
- 4 Step forward at 45 degrees on left
- 5 Cross right behind left
- 6 Step forward at 45 degrees on left

RIGHT VINE. $\frac{1}{2}$ BASIC WITH MAN'S FOOT CHANGE

- 1 Step forward at 45 degrees on right
- 2 Cross left behind right
- 3 Step forward at 45 degrees on right
- 4 Left step forward
- 5 Touch right beside left
- 6 Right step forward

LADY $\frac{1}{2}$ TURN. MAN BASIC WITH STEPS 5&6 IN PLACE

- 1 Left step forward
 - 2 Right step forward
- Man's left arm passing over lady's head
- 3 Left step forward
 - 4 Right step forward
- Hands should be crossed-lefts on top
- 5 Step left beside right
 - 6 Step right beside left

TRAVELING ROSE ARCH

- 1 Step forward on left
- 2 Step forward on right
- 3 Step forward on left

Man raises left arms to overhead and releases right hands

- 4 Step forward on right turning $\frac{1}{4}$ right
- 5 Step forward on left turning $\frac{1}{4}$ right
- 6 Step back on right

Man now facing RLOD, lady facing LOD

- 1 Step back on left turning $\frac{1}{4}$ right
- 2 Step forward on right turning $\frac{1}{4}$ right
- 3 Step forward on left

Man now facing LOD, lady facing RLOD

- 4 Step forward on right
- 5 Step left beside right
- 6 Step right beside left

Man & Lady move apart with Man moving left arms to waist level and picking up right hands under left

LADY'S $\frac{1}{2}$ TURN. MAN'S BASIC

- 1 Step forward on left
- 2 Step forward on right
- 3 Step forward on left
- 4 Step forward on right
- 5 Step forward on left
- 6 Step forward on right

REPEAT

LADY'S STEPS

BASIC WITH MAN'S FOOT CHANGE

- 1 Right step forward
- 2 Left step forward
- 3 Right step forward
- 4 Left step forward
- 5 Right step forward
- 6 Left step forward

ROCK STEPS FACING OUTSIDE LOD

Man and lady on same footwork. Arms should be parallel at shoulder height

- 1 Step right turning $\frac{1}{4}$ to face outside LOD
- 2 Step slightly back and rock onto left
- 3 Place right beside left
- 4 Cross left over right (in fifth)
- 5 Rock back onto right foot
- 6 Place left beside right

$\frac{1}{4}$ TURN INTO BASIC WITH LEFT VINE

Arms return to sweetheart position

- 1 Step right making $\frac{1}{4}$ turn to LOD
- 2 Left step forward
- 3 Right step forward
- 4 Step forward at 45 degrees on left
- 5 Cross right behind left

6 Step forward at 45 degrees on left

RIGHT VINE. ½ BASIC WITH MAN'S FOOT CHANGE

- 1 Step forward at 45 degrees on right
- 2 Cross left behind right
- 3 Step forward at 45 degrees on right
- 4 Left step forward
- 5 Right step forward
- 6 Left step forward

LADY ½ TURN. MAN BASIC WITH STEPS 5&6 IN PLACE

- 1 Step forward on right (fifth)
- 2 ½ pivot turn right, step back left

Man's left arm passing over lady's head

- 3 Step back on right
- 4 Step back on left

Hands should be crossed-lefts on top

- 5 Step back on right
- 6 Step back on left

TRAVELING ROSE ARCH

- 1 Step back on right

Man raises left arms to overhead and releases right hands

- 2 Step left next to right
- 3 Step right next to left

Lady holds man around waist with right arm

- 4 Step back on left turning ¼ right
- 5 Step forward on right turning ¼ right
- 6 Step forward on left

Man now facing RLOD, lady facing LOD

- 1 Step forward on right turning ¼ right
- 2 Step forward on left turning ¼ right
- 3 Step back on right

Man now facing LOD, lady facing RLOD

- 4 Step back on left
- 5 Step back on right
- 6 Step back on left

Man & lady move apart with man moving left arms to waist level and picking up right hands under left

LADY'S ½ TURN. MAN'S BASIC

- 1 Step back on right
- 2 Turn ½ left and step forward left

Man's left arm passing over lady's head

- 3 Step forward on right
- 4 Step forward on left
- 5 Step forward on right
- 6 Step forward on left

REPEAT
