

Lonesome Waltz

拍數: 48 牆數: 4 級數: Improver waltz
編舞者: Val Myers (UK)
音樂: Lonely Too - Lee Ann Womack



BACK TWINKLE STEPS TWICE, FORWARD TWINKLE STEPS TWICE

- 1-3 Cross left behind right, step right to right side, step left in place
- 4-6 Cross right behind left, step left to left side, step right in place
- 7-9 Cross left over right, step right to right side, step left in place
- 10-12 Cross right over left, step left to left side, step right in place

¼ RIGHT, BEHIND, ¼ LEFT, ¼ LEFT, BEHIND, ¼ RIGHT, ¼ RIGHT & SWAYS, FULL TURN

- 1-2 Step left forward into ¼ turn right, cross right behind left
- 3 Step left ¼ turn left
- 4-5 Step right forward into ¼ turn left, cross left behind right
- 6 Step right ¼ turn right
- 7 Step left forward into ¼ turn right swaying hips left
- 8-9 Sway hips right, sway hips left
- 10-11 Step right ¼ turn right, make ½ turn right stepping back onto left
- 12 Make ¼ turn right stepping right to right side

EXTENDED WEAVE RIGHT, BACK, POINT, HOLD, FORWARD, POINT, HOLD

- 1-3 Cross left over right, step right to right, cross left behind right
- 4-6 Step right to right, cross left over right, step right to right side
- 7-9 Step left back, point right toe back, hold
- 10-12 Step right forward, point left toe forward, hold

STEP, LOCK, STEP X 4

Complete a full circle turning left over the following 12 steps

- 1-3 ¼ turn left over 3 steps - step forward left, lock right behind left, step forward left
- 4-6 ¼ turn left over 3 steps - step forward right, lock left behind right, step forward right
- 7-9 ¼ turn left over 3 steps - step forward left, lock right behind left, step forward left
- 10-12 ¼ turn left over 3 steps - step forward right, lock left behind right, step forward right

REPEAT

TAG

The tag is danced once only, facing front, following wall 4 at the end of the instrumental

- 1-3 Step left big step to left, drag right towards left, touch right behind left
- 4-6 Step right big step to right, drag left towards right, touch left behind right