

Marcia's Contra Waltz

拍數: 48 牆數: 2 級數: Improver waltz
編舞者: Chris Hookie (USA) - January 1993
音樂: Any Waltz



1 Left foot step directly behind right foot
2 Right foot takes a small step to the side
3 Make a ½ turn to the right and left foot step to the side
4 Right foot step directly behind left foot
5 Left foot step to the side
6 Shift weight on to right foot

1 Left foot step directly behind right foot
2 Right foot takes a small step to the side
3 Make a ½ turn to the right and left foot step to the side
4 Right foot step directly behind left foot
5 Left foot step to the side
6 Shift weight on to right foot

1 Left foot cross behind right foot
2 Right foot step to the side and make a ¼ turn to the left
3 Shift weight on to left foot
4 Right foot step forward
5 Make a ½ pivot turn to the left - left foot step in place
6 Right foot step center

1 Left foot cross behind right foot
2 Right foot step to the side and make a ¼ turn to the left
3 Shift weight on to left foot

THREE STEP FULL TURN TO THE LEFT

4 Right foot step forward and begin turn to the left
5 Left foot step in place and continue turn
6 Right foot step in place and complete turn

1 Left foot step behind right foot
2 Right foot step to the side
3 ½ turn to the right - left foot step to the side
4 Right foot step behind left foot
5 Left foot step to the side
6 Shift weight onto right foot

1 Left foot step behind right foot
2 Right foot step to the side
3 ½ turn to the right - left foot step to the side
4 Right foot step behind left foot
5 Left foot step to the side
6 Shift weight onto right foot

1 Left foot step across in front of right foot
2 Right foot step to the side

- 3 Shift weight onto left foot
- 4 Right foot step across in front of left foot
- 5 Left foot step to the side
- 6 Shift weight onto right foot

- 1 Left foot step forward and make a $\frac{1}{4}$ turn left
- 2 Right foot center
- 3 Shift weight onto left foot
- 4 Right foot step back and make a $\frac{1}{4}$ turn left
- 5 Left foot center
- 6 Shift weight onto right foot

REPEAT
