

Mildred My Friend

COPPER KNOB
STEPPERS

拍數: 60 牆數: 4 級數: Intermediate waltz
編舞者: Teresa Lawrence (UK) & Vera Fisher (UK)
音樂: Mildred Madalyn Johnson - Fernando Ortega



Thank You to Tim Ruzgar who bought this lovely piece of music to our attention

STEP FORWARD BASIC, MAKE ¼ TURN LEFT, BASIC BACK RIGHT, REPEAT

1-2-3 Basic forward left, right, left
4-5-6 Making ¼ turn left, do basic going back right, left, right (9:00)
1-2-3 Basic forward left, right, left
4-5-6 Making ¼ turn left, basic back going right, left, right (6:00)

BASIC TWINKLE, BASIC TWINKLE ½ TURN RIGHT, WEAVE, SLIDE TOUCH

1-2-3 Basic twinkle, left, right, left
4-5-6 Cross right over left, making ¼ turn right, step back left, making a further ¼ turn right, step right to right side (12:00)
1-2-3 Step left over right, step right to right side, step left behind right
4-5-6 Big step to right side, slide left up to right, touch left next to right

BASIC ¾ OVER LEFT SHOULDER, BASIC BACK, RIGHT DIAGONAL BASIC FORWARD, LEFT DIAGONAL BASIC FORWARD

1-2-3 Making ¼ turn left step forward on left, turning a further ½ turn left step back on right, step left next to right (3:00)
4-5-6 Basic back right, left, right
1-2-3 Angling your body towards 1:00 do a basic forward left, right, left
4-5-6 Angling your body towards 11:00 do a basic forward right, left, right

ROCK REPLACE ½ TURN, BASIC WHOLE TURN (OPTION), ROCK REPLACE STEP BACK, ROCK REPLACE STEP FORWARD

1-2-3 Straightening up to the 3:00 wall, Rock forward on left, replace weight back on right, make ½ turn left, stepping forward on left (9:00)
4-5-6 Basic whole turn left (option: basic forward) stepping right, left, right
1-2-3 Rock forward left, replace weight, step back on left
4-5-6 Rock back on right, replace weight, step forward on right

Restart at this point on wall 6

STEP ½ RONDE TOUCH, RIGHT LOCK FORWARD, STEP TURN STEP, SPIN OR SLIDE

1-2-3 Step left forward, ronde/sweep ½ turn left, touch right next to left
4-5-6 Right lock forward stepping right, left, right (3:00)
1-2-3 Step forward left, pivot ½ right placing weight onto right, step forward left (9:00)
4-5-6 Step forward right, spiral full turn left over 2 counts with left hooked slightly in front of right (option: no spin. Slide left up to right over 2 counts)

REPEAT

RESTART

On wall 6, dance 48 counts up to & including the rocks in section 4, you will facing the back wall (6:00), then restart the dance from the beginning

ENDING OPTIONAL

On wall 8 at the 12:00 wall you will dance the first 24 counts, ending up at the 3:00 wall, as the music fades out, if you wish to you can do a 1 ¼ turn left to face the front, stepping, left, right, left, right

