

# Minute Waltz

拍數: 24      牆數: 4      級數: Beginner waltz  
編舞者: Bill Bader (CAN)  
音樂: Teach Me To Dance - Greg Holland



## BACK/LEFT, BESIDE, BESIDE, BACK/RIGHT, BESIDE, BESIDE

- 1 Step back/left with left keeping toe towards front wall (12 o'clock)
- 2 Step right next to left
- 3 Step left next to right
- 4 Step back/right with right keeping toe pointed at front wall(12 o'clock)
- 5 Step left next to right
- 6 Step right next to left

## BACK, DRAW, CLOSE, FORWARD, FULL SPIN, ANCHOR FORWARD

- 1 Keeping right toe/ball on floor pointing forward: step left back behind right with left turning  $\frac{1}{4}$  left. Upper body turns left to approximately 9 o'clock. Keep face forward towards 12 o'clock
  - 2-3 Slide right toe back towards left instep gradually lifting right heel
  - 4 Step right forward
  - 5 Step left slightly forward onto a full spin right (full turn)
- Acceptable to simply step forward slightly with left**
- 6 Step right slightly forward (still facing 12 o'clock)

## FORWARD, BESIDE, BESIDE, BACK, BESIDE, BESIDE

- 1 Step left forward
- 2 Step right beside left
- 3 Step left beside right
- 4 Step right back
- 5 Step left beside right
- 6 Step right beside left

## $\frac{1}{4}$ LEFT, FORWARD, $\frac{1}{2}$ PIVOT, FORWARD, TOUCH, HOLD

- 1 Step left to left side turning  $\frac{1}{4}$  left
- 2 Step right forward (toward 9 o'clock wall)
- 3 Pivot turn  $\frac{1}{2}$  left on left
- 4 Step right forward
- 5 Touch left beside right
- 6 Hold

**REPEAT**

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