

Mishnock Waltz (P)

拍數: 42 牆數: 0 級數: Partner
編舞者: Unknown
音樂: Their Hearts Are Dancing - The Forester Sisters



Position: Begin in closed Position. Men facing LOD, Ladies RLOD
Prepared By Dan Albro

MAN: BALANCE FORWARD & BACK, LADY: BALANCE BACK & FORWARD

1-3 MAN: Walk forward left, right, left
 LADY: Walk back right, left, right
4-6 MAN: Walk back right, left, right
 LADY: Walk forward left, right, left

CROSS BALL CHANGES

1-3 MAN: Cross left over right, step side on ball of right, step side left
 LADY: Cross right behind left, step side on ball of left, step side right
4-6 MAN: Cross right over left, step side on ball of left, step side right
 LADY: Cross left behind right, step side on ball of right, step side left

Couples should end right shoulder to right shoulder.

TO THE RIGHT PINWHEEL FULL TURN, RIGHT SHOULDER TO SHOULDER

1-3 MAN: Walk to the right in a circle, as if a pole were between him & partner left, right, left
 LADY: Walk to the right in a circle as if a pole were between her & partner right, left, right
4-6 MAN: Walk to the right finishing full turn started above right, left, right
 LADY: Walk to the right finishing full turn started above left, right, left

RELEASE HANDS, LADY FACES LOD, FORWARD WITH LADIES FULL TURN

1-3 MAN: Back up stepping left, right, left as lady turns right to face LOD
 LADY: ½ Turn right crossing right behind left, step back left, right now facing LOD, left hand
 on mans shoulder
4-6 MAN: Walk forward right, left, right bring right hand forward to pick up ladies left hand
 LADY: Continue to turn right an additional full turn traveling forward left, right, left

FORWARD 1,2,3 FULL TURN 4,5,6

1-3 MAN: Walk forward left, right, left
 LADY: Walk forward right, left, right
4-6 MAN: Walk forward right, left, right doing a full turn right
 LADY: Walk forward left, right, left doing a full turn left

Releasing hands as you turn.

31-36 Repeat steps 25-30

FORWARD 1,2,3; LADY TURNS INTO CLOSE POSITION 4,5,6

1-3 MAN: Walk forward left, right, left
 LADY: Walk forward right, left, right
4-6 MAN: Step in place right, left, right
 LADY: Step forward left, right, left doing a ½ turn left

Lead lady in front of you with right hand into closed position

REPEAT

