

Music Is The Key

拍數: 96 牆數: 2 級數: Intermediate waltz
編舞者: Teresa Lawrence (UK) & Vera Fisher (UK)
音樂: Music Is The Key - Sarah Connor



For an advanced dance to this track see "Waltz Is The Key" by Max Perry

STEP BACK SLIDE, COASTER STEP, ¼ TURN SWEEP CROSS SHUFFLE

1-2-3 Big step left back, slide/touch right together over 2 counts
4-5-6 Coaster step right, left, right
1-2-3 Turn ¼ left and cross left over right, sweep right back to front over 2 counts (9:00)
4-5-6 Crossing shuffle right, left, right

STEP LEFT SLIDE TOUCH, SWAY RIGHT, LEFT, FULL TURN RIGHT

1-2-3 Step left to side, slide/touch right together over 2 counts
4-5-6 Step right to side, sway to right over 2 counts
1-2-3 Sway to left
4-5-6 Turn ¼ right and step right forward, turn ½ right and step left back, turn ¼ right and step right to side (9:00)

Option: side, together, side

LUNGE FORWARD HOLD FOR 2, ½ TURN LEFT, STEP HITCH TURN, COASTER STEP

1-2-3 Lunge left forward over 3 counts
4-5-6 Step right in place, turn ½ left and step left forward, step right forward
1-2-3 Step left forward and hitch right knee, turn ½ left over 2 counts

Option without turns, small shuffle back on right, step back on left, hitch right knee & hold for 2

4-5-6 Coaster step right, left, right (9:00)

STEP SWEEP OVER, STEP SWEEP OVER, CROSS OVER, SIDE, BEHIND, STEP SIDE, SLIDE TOUCH

1-2-3 Step left forward, sweep right back to front over 2 counts
4-5-6 Step right forward, sweep left back to front over 2 counts
1-2-3 Cross left over right, step right to side, cross left behind right
4-5-6 Big step right to side, slide/touch left together over 2 counts

¼ TURN LEFT, SIDE ROCK REPLACE CROSS TWICE

1-2-3 Turn ¼ left and step left forward, hold for 2 counts
4-5-6 Rock right to side, replace on left, cross right over left
1-6 Repeat 1-6 above (3:00)

LUNGE HOLD FOR 2, ½ TURN RIGHT, STEP SWEEP ½, COASTER STEP

1-2-3 Lunge left diagonally forward, hold for 2 counts
4-5-6 Turn ¼ right and step right to side, step left together, turn ¼ right and step right forward

You are traveling backwards, not to side

1-2-3 Step left forward, turn ½ right and sweep right from front to back over 2 counts

Option without turns: small shuffle back on right, step back on left & hold for 2-3

4-5-6 Coaster step right, left, right (3:00)

STEP LEFT HOLD FOR 2, 3 COUNT BOX, TWICE

1-2-3 Step left diagonally forward, hold for 2 counts
4-5-6 Cross right over left, step left back, step right to side
1-6 Repeat 1-6 above

STEP FORWARD HOLD FOR 2, SHUFFLE FORWARD, SLOW ¼ TURN STEP SIDE SLIDE

- 1-2-3 Step left forward, hold for 2 counts
- 4-5-6 Shuffle forward right, left, right
- 1-2-3 Step left forward, turn ¼ right (weight to left), hold
- 4-5-6 Step right to side, slide/touch left together over 2 counts (6:00)

REPEAT

ENDING

As the track ends you will do first 3 counts of section 4 "step forward left sweep right over" as you go into the next 3 counts you will do

- 1-7 Step right forward, cross left over right, step right to side, cross left behind right, turn ¼ right to face the home wall & just pose
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