

Pioneers Waltz

拍數: 51 牆數: 2 級數: waltz
編舞者: Trevor Smith (AUS)
音樂: The Dance - Anne Kirkpatrick



RIGHT HEEL DIG

- 1 Right heel dig forward
- 2 Step back onto left foot
- 3 Step right foot in beside left

LEFT HEEL DIG

- 4 Left heel dig forward
- 5 Step back onto right foot
- 6 Step left foot beside right

ROLLING VINE RIGHT

The following vine movement is performed while turning a full turn right

- 7 Step right onto right foot to commence turn
- 8 Step onto left foot to continue turn
- 9 Step onto right foot to complete turn

RIGHT TWINKLE

- 10 Step left foot across in front of right
- 11 Step right onto right foot
- 12 Transfer weight onto left foot

LEFT TWINKLE

- 13 Step right foot across in front of left
- 14 Step left onto left foot
- 15 Transfer weight onto right foot

ROLLING VINE LEFT

The following vine movement is performed while turning a full turn left

- 16 Step left onto left foot to commence turn
- 17 Step onto right foot to continue turn
- 18 Step onto left foot to complete turn

LEFT TWINKLE

- 19 Step right foot across in front of left
- 20 Step left onto left foot
- 21 Transfer weight onto right foot

RIGHT TWINKLE

- 22 Step left foot across in front of right
- 23 Step right onto right foot
- 24 Transfer weight onto left foot

BACKWARD BOX MOVEMENT

- 25 Step backwards onto right foot
- 26 Step left onto left foot
- 27 Step right foot in beside left to change weight

BACKWARD ½ TURN ON SPOT

- 28 Cross left foot behind right
- 29 Pivot ½ turn backwards to uncross legs placing weight onto right foot
- 30 Step left foot in beside right

BACKWARD BOX MOVEMENT

- 31 Step backwards onto right foot
- 32 Step left onto left foot
- 33 Step right foot in beside left to change weight

BACKWARD ½ TURN ON SPOT

- 34 Cross left foot behind right
- 35 Pivot ½ turn backwards to uncross legs placing weight onto right foot
- 36 Step left foot in beside right

STEP, HITCH WITH KNEE SLAPS

- 37 Step forward onto right foot hitching left leg
- 38 Slap left knee with right hand
- 39 Slap left knee with left hand

STEP, HITCH WITH KNEE SLAPS

- 40 Step forward onto left foot hitching right leg
- 41 Slap right knee with right hand
- 42 Slap right knee with left hand

BACKWARD ½ TURN LEFT

The following backward turn is performed while traveling backwards and turning left

- 43 Step backwards onto right foot to commence turn
- 44 Step onto left foot to continue turn
- 45 Step onto right foot to complete turn

SCUFF, HITCH WITH KNEE SLAPS

- 46 Scuff left foot forward hitching left leg
- 47 Slap left knee with right hand
- 48 Slap left knee with left hand

STEP, HITCH WITH KNEE SLAPS

- 49 Step forward onto left foot hitching right leg
- 50 Slap right knee with right hand
- 51 Slap right knee with left hand

REPEAT
