

The Princess Waltz

拍數: 48 牆數: 4 級數: Beginner waltz
編舞者: Barry Durand (USA) & Stella Wilden (UK)
音樂: The Flower That Shattered The Stone - Steve Wariner



A tribute to Diana, Princess of Wales, who died August 31st 1997

VINE, CROSS TURN

- 1-2-3 Cross left over right and step, step side right, cross left behind right and step.
4-5-6 Step side right, turn ½-turn on right foot to right and point left to side, hold for one count. (this can also be done as a 2-count sweeping turn to the right after step right)

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STEP HOLD, STEP ROCK STEP

- 1-2-3 Step across in front with left and hold 2 counts, but let body weight travel. (for optional styling, over the 3 counts slowly sweep left arm expressively across body and then up)
4-5-6 Step side right, rock left behind right, replace weight right.

STEP ROCK STEP, DEVELOPE'

- 1-2-3 Step side left, rock right behind left, replace weight left.
4-5-6 Step side right and develop left foot up and out facing a left diagonal. (variation for men: step side right, touch left toe beside right, hold)

VINES

- 1-2-3 Step side left, cross back right, step side left with ¼-turn left
4-5-6 Step side right with ¼-turn left, cross back left, step side right

LUNGE LEFT SLIP PIVOT, LUNGE LEFT & TAP

- 1-2-3 Step across in front with left foot over right in a lunging motion (optional styling: extend right arm in front and left arm behind). As you start to replace weight on the right foot, pull to the right with your right shoulder in a twisting motion to turn you to the right as you replace the weight on the right. Tap left foot together beside right. You have done a ½-turn right now facing front.
4-5-6 Step across in front with left foot over right in a lunging motion (optional styling: extend right arm in front and left arm behind). Replace weight on right, and turning body to the left tap left foot together.

STEP FIGURE 4 SWIVEL. STEP FIGURE 4 SWIVEL

- 1-2-3 Step side left facing a left diagonal with your foot turned to left, bring right knee up in figure 4 across in front. Swivel right knee to right.
4-5-6 Step side right facing a right diagonal with your foot turned to right. Bring left knee up in figure 4 across in front. Swivel left knee to left.

SECTION 8: TURN LEFT, RIGHT BOX TURN

- 1-2-3 Step side left with foot turned left making a ¼-turn. Turn a full turn on next 2 steps with right and left.
4-5-6 You are now facing a ¼-turn to the left from your original front. You will turn a ½-turn to your right during this pattern. Step directly forward with right foot. Step back on a diagonal with the left turning ¼-turn right. Finish with a ¼-turn to right stepping on right foot.

REPEAT

The dance will finish at measure 8 (when danced to the original music). On the final wall, everyone should dance the men's variation, ending in a position of respect.

ADVANCED VARIATION FOR SECTION 5

SYNCOPATED VINE, SYNCOPATED VINE TURNING

1-2&3 Step side left, cross back right - side left - cross front right.

4-5&6 Step side left, cross back right - side left turning a ½-turn to the left and - side right facing back wall.
