

Sandal Waltz (P)

拍數: 72 牆數: 0 級數: Partner
編舞者: Al Ord (UK) & Sandy Ord (UK)
音樂: Time Spent Missing You - Dwight Yoakam



Position: Side By Side holding inside hands. Opposite foot pattern throughout

MAN'S STEPS

BREAK STEP FORWARD, BREAK STEP BACK

1-3 Step forward left, small step forward right, step left beside right
4-6 Step back right, small step back left, step right beside left

¾ TURN LEFT DOWN LOD, CROSS SIDE BEHIND

Release hands on turn, rejoin in open hand hold on cross step man facing OLOD lady facing ILOD

7-9 Traveling to LOD make ¾ turn to left on left, right, left
10-12 Cross right over left, side step left, step right behind left

¼ TURN LEFT, BASIC FORWARD TRAVELING DOWN LOD

Lady turns 3 x ¼ turns under man's raised left hand finishing in closed western. Man facing LOD lady RLOD

13-15 Step left on spot making ¼ turn left, step forward right, step forward left
16-18 Step forward right, step forward left, step forward right

BASIC FORWARD, CROSS ROCK RECOVER TURN

On cross rock man turns to ILOD recovers to LOD and finishes facing OLOD facing lady in closed western

19-21 Step forward left, step forward right, step forward left
22-24 Cross rock right over left, recover onto left, step right ¼ turn right

CROSS ROCK RECOVER TOGETHER TWICE

On first cross rock man turns to face RLOD (lady LOD) and recovers to face OLOD on second turns are reversed

25-27 Rock left over right turning ¼ right, recover back ¼ left onto right onto left, step right beside left
28-30 Rock right over left turning ¼ left, recover back ¼ right onto left, step left beside right

CROSS SIDE BEHIND, ¼ TURN RIGHT BASIC TRAVELING TO RLOD

Lady turns under man's raised left hand finishing both facing RLOD holding inside hands

31-33 Cross left over right, step right to right side, step left behind right
34-36 Step right ¼ turn right, step forward left, step forward right

ROCK RECOVER ½ TURN, CHANGE SIDES IN FRONT

Man goes under raised inside hands in front of lady on change sides. Finish facing LOD keep hands raised

37-39 Rock forward left, recover onto right, step left making ½ turn left
40-42 Step right diagonal forward, step left beside right, step right beside left

SIDE TOGETHER FORWARD, BASIC FORWARD

Lady changes sides going under man's raised left hand. Hand is then lowered in front into wrap

43-45 Step left to left side, step right beside left, step forward left
46-48 Step forward right, step forward left, step forward right

BASIC FORWARD, BASIC FORWARD

Raise both hands above lady's head on turn allow hands to change at top, and lower into sweetheart

49-51 Step forward left, step forward right, step forward left
52-54 Step forward right, step forward left, step forward right

BASIC ON THE SPOT TWICE

Retain hand hold taking hands over man's head while traveling to the left around man finishing in VW facing LOD

55-57 Step left beside right, step right beside left, step left beside right

58-60 Step right beside left, step left beside right, step right beside left

BASIC FORWARD, BASIC FORWARD

61-63 Step forward left, step forward right, step forward left

64-66 Step forward right, step forward left, step forward right

STEP POINT HOLD, STEP POINT HOLD

On first diagonal step release VW hold and rejoin in inside handhold as for start

67-69 Step left diagonally forward, point right to right side, hold

70-72 Step right diagonally forward, point left to left side, hold

REPEAT

LADY'S STEPS

BREAK STEP FORWARD, BREAK STEP BACK

1-3 Step forward right, small step forward left, step right beside left

4-6 Step back left, small step back right, step left beside right

¾ TURN RIGHT DOWN LOD, CROSS SIDE BEHIND

Release hands on turn, rejoin in open handhold on cross step man facing OLOD lady facing ILOD

7-9 Traveling to LOD make ¾ turn right on right, left, right

10-12 Cross left over right, side step right, step left behind right

¾ TURN RIGHT, BASIC BACK TRAVELING DOWN LOD

Lady turns 3 x ¼ turns under man's raised left hand finishing in closed western man facing LOD lady RLOD

13-15 Traveling to LOD make ¾ turn right on right, left, right

16-18 Step back left, step back right, step back left

BASIC BACK, ROCK BEHIND RECOVER TURN

On cross rock man turns to ILOD recovers to LOD and finishes facing OLOD facing lady in closed western

19-21 Step back right, step back left, step back right

22-24 Rock left behind, recover onto right, step left ¼ turn right

ROCK BEHIND RECOVER TOGETHER TWICE

On first cross rock man turns to face RLOD (lady LOD) and recovers to face OLOD on second turns are reversed

25-27 Rock right behind left turning ¼ right, recover forward ¼ left, step left beside right

28-30 Rock left behind right turning ¼ left, recover forward, ¼ right onto right, step left beside right

¾ TURN RIGHT, BASIC FORWARD TRAVELING TO RLOD

Lady turns under man's raised left hand finishing both facing RLOD holding inside hands

31-33 Traveling to RLOD make ¾ turn right on right, left, right

34-36 Step forward left, step forward right, step forward left

ROCK RECOVER ½ TURN, CHANGE SIDES IN BEHIND

Man goes under raised inside hands in front of lady on change sides. Finish facing LOD keep hands raised

37-39 Rock forward right, recover onto left, step right ½ turn right

40-42 Step left to left side, step right beside left, step forward left

DIAGONAL BASIC INTO WRAP, BASIC FORWARD

Lady changes sides going under man's raised left hand. Hand is then lowered in front into wrap

43-45 Step right diagonally forward, step left beside right, step right

46-48 Step forward left, step forward right, step forward left

FULL TURN FORWARD OUT OF WRAP, BASIC FORWARD

Raise both hands above lady's head on turn allow hands to change at top, and lower into sweetheart

49-51 Traveling to LOD make full turn forward on right, left, right

52-54 Step forward left, step forward right, step forward left

TRAVEL AROUND THE WORLD ON 2 BASICS

Retain hand hold taking hands over man's head while traveling to the left around man finishing in VW facing LOD

55-57 Step right $\frac{1}{4}$ turn left, step left further $\frac{1}{4}$ turn left, step right beside left

58-60 Step left $\frac{1}{4}$ turn left, step right $\frac{1}{4}$ turn left, step left forward

BASIC FORWARD, BASIC FORWARD

61-63 Step forward right, step forward left, step forward right

64-66 Step forward left, step forward right, step forward left

STEP POINT HOLD, STEP POINT HOLD

On first diagonal step release VW hold and rejoin in inside handhold as for start

67-69 Step right diagonally forward, point left to left, hold

70-72 Step left diagonally forward, point right to right, hold

REPEAT
