

Serpentine Waltz

拍數: 36 牆數: 0 級數:
編舞者: William Pontes
音樂: Their Hearts Are Dancing - The Forester Sisters



Position: Basic waltz position in a circle, ladies face outside LOD.

MEN

SIDE STEPS

- 1 Left step to left
- 2 Right foot to left
- 3 Left step in place
- 4 Right step to right
- 5 Left foot to right
- 6 Right step in place

PIVOT TURNS

- 7 Left step $\frac{1}{4}$ turn to right (drop right hand)
- 8 Step right forward, pivot $\frac{1}{2}$ left
- 9 Rock onto left
- 10 Step right forward (drop left hand)
- 11 Left step forward $\frac{1}{2}$ pivot right
- 12 Rock weight onto right

ZIG ZAGS

- 13 Left over right (right hand is dropped)
- 14 Right over left
- 15 Left over right
- 16 Right step to right $\frac{1}{4}$ turn left (hold both hands)
- 17 Left foot to right
- 18 Right step in place

BASIC

- 19 Step left forward
- 20 Right foot to left
- 21 Left step in place
- 22 Step right back
- 23 Left foot to right
- 24 Right step in place

$\frac{1}{2}$ TURN FORWARD

- 25 Left
- 26 Right
- 27 Left
- 28 Step right back
- 29 Left back to right
- 30 Right step in place

$\frac{1}{2}$ TURN FORWARD

- 31 Left
- 32 Right

33 Left

BASIC

34 Step right back
35 Left back to right
36 Right step in place

REPEAT

LADIES

SIDE STEPS

1 Right step to right
2 Left foot to right
3 Right step in place
4 Left step to left
5 Right foot to left
6 Left step in place

PIVOT TURNS

7 Right step $\frac{1}{4}$ turn left (drop left hand)
8 Left step forward pivot $\frac{1}{2}$ right
9 Rock onto right
10 Step left forward (drop right hand)
11 Right step forward $\frac{1}{2}$ pivot left
12 Rock weight onto left

ZIG ZAGS

13 Right over left (left hand is dropped)
14 Left over right
15 Right over left
16 Left step to left $\frac{1}{4}$ turn right (hold both hands)
17 Right foot to left
18 Left step in place

BASIC

19 Step right back
20 Left foot to right
21 Right step in place
22 Step left forward
23 Right foot to left
24 Left step in place

$\frac{1}{2}$ TURN BACK

25 Right
26 Left
27 Right
28 Step left forward
29 Right foot to left
30 Left step in place

$\frac{1}{2}$ TURN BACK

31 Right
32 Left
33 Right

BASIC

- 34 Step left forward
- 35 Right foot to left
- 36 Left step in place

REPEAT
