A Slow Country Dance (In 3/4 Time)

級數: Intermediate waltz

編舞者: Paul Dornstedt (USA) & Karla Dornstedt (USA)

音樂: Slow Country Dance - Mary Chapin Carpenter

This dance is especially for you Liz Salikin. Thanks for suggesting the music

TWINKLE, CROSS, SIDE, BEHIND

拍數: 51

- 1-3 Cross left over right, step right side right, step left next to right
- 4-6 Cross right over left, step left side left, cross right behind left

FORWARD, DRAG, TOUCH, COASTER STEP

- 1-3 Step diagonally forward left on left, drag right towards left, touch right toe behind left heel
- 4-6 Step back on right, step left next to right, take small step forward on right

CROSS, SIDE, BEHIND, FORWARD, DRAG, TOUCH

- Cross left over right, step right side right, cross left behind right 1-3
- 4-6 Step diagonally forward right on right, drag left towards right, touch left toe behind right heel

COASTER STEP, CROSS, HOLD, HOLD

- Step back on left, step right next to left, take small step forward on left 1-3
- 4-6 Cross right over left, hold, hold

TURN ¼ LEFT, FORWARD, TURN ½ LEFT, STEP, LOCK, STEP

1-3 Turn ¼ left and step forward on left, step forward on right, turn ½ left and step forward on left 4-6 Step diagonally right forward on right, lock left behind right, step diagonally right forward on right

STEP, LOCK, STEP, ROCK, RECOVER, TURN 1/4 RIGHT

- 1-3 Step diagonally left forward on left, lock right behind left, step diagonally left forward on left
- 4-6 Rock forward on right, recover weight back on left, turn 1/4 right and step right side right

CROSS, SIDE, BEHIND, SIDE, DRAG, TOUCH

- 1-3 Cross left over right, step right side right, cross left behind right
- 4-6 Take a long step right on right, drag left towards right, touch left in front of right

TWINKLE, CROSS, SIDE, BEHIND

- 1-3 Cross left over right, step right side right, step left next to right
- 4-6 Cross right over left, step left side left, cross right behind left

SIDE, DRAG, TOGETHER

1-3 Take a long step left on left, drag right towards left, step right next to left

REPEAT

TAG

After count 24 on the 3rd wall (facing front wall) and 6th wall (facing back wall) Sway left side left, sway right side right, touch left next to right 1-3 Continue with count 25

RESTART

After completing the 3rd repetition do the first 12 counts then restart the dance





牆數: 2

ENDING Dance ends on count 24. You will be facing the back wall COASTER STEP, CROSS, UNWIND

- 1-3 Step back on left, step right next to left, take small step forward on left
- 4-6 Cross right over left, unwind ¹/₂ turn left in 2 counts to face front