

Speed Of Light

拍數: 60 牆數: 4 級數: Intermediate waltz
編舞者: Cathryn Proudfoot (AUS)
音樂: Speed of Flight - Tracy Lawrence



SIDE, ROCK, BEHIND, SIDE, ROCK, CROSS

1-2-3 Rock step right to side, replace weight on left, step right behind left
4-5-6 Rock step left to side, replace weight on right, step left across in front of right

ROCK FORWARD, REPLACE, ½ TURN RIGHT, ½ TURN RIGHT, SLOW SWEEP

1-2-3 Rock step right forward, replace weight back on left, turn ½ right to step right forward
4-5-6 Turn ½ right to step left back, sweep right around over 2 counts

BEHIND, SIDE, CROSS, SIDE, SLOW DRAG

1-2-3 Step right behind left, step left to side, step right across in front of left
4-5-6 Take large step to left, drag right together over 2 counts keeping weight on left

ROLLING VINE 1 ¼ RIGHT, STEP FORWARD, SLOW SWEEP

1-2-3 Turn ¼ right to step right forward, turn ½ right to step left back, turn ½ right to step right forward
4-5-6 Step left forward, sweep right forward over 2 counts

CROSS, BACK, BACK, CROSS, BACK, BACK

1-2-3 Step right across in front of left, step left back to 45 degrees left, step right back to 45 degrees right
4-5-6 Step left across in front of right, step right back to 45 degrees right, step left back to 45 degrees left

TOUCH-BACK, ½ TURN, STEP BACK, BACK, DRAG, TOUCH

1-2-3 Touch right toe back, turn back ½ right taking weight on left, step right back straightening up
4-5-6 Step left back, drag right toe back over 2 counts to cross right toe over left foot

STEP FORWARD, ½ TURN RIGHT, SWEEP, BEHIND, ROCK, REPLACE

1-2-3 Step right forward, turn ½ right to step left back, sweep right toe around
4-5-6 Step right behind left, rock step left to side, replace weight onto right

STEP FORWARD, ½ TURN LEFT, SWEEP, BEHIND, ROCK, REPLACE

1-2-3 Step left forward, turn ½ left to step right back, sweep left toe around
4-5-6 Step left behind right, rock step right to side, replace weight on left angling body to left 45 degrees

ROCK FORWARD, REPLACE, ½ TURN RIGHT, STEP, PIVOT, STEP

1-2-3 Rock step right forward to 45 degrees left, replace weight back on left, turn ½ right to step right forward
4-5-6 Step left forward, pivot turn ½ right transferring weight forward to right, step left forward

FORWARD COASTER STEP RIGHT, BACK, SIDE, CROSS

1-2-3 Step right forward, step left together with right, step right back
4-5-6 Step left back, step right to side straightening up, step left across in front of right

REPEAT

TAG

At the end of the 2nd wall add the following 12 counts:

BASIC WALTZ FORWARD TO 45 DEGREES RIGHT, BASIC WALTZ BACK WITH ½ TURN RIGHT

- 1-2-3 Moving to right 45 degrees forward: step forward right, step left together with right, step right in place
- 4-5-6 Step left back to 45 degrees left, turn ½ right to step right forward to 45 degrees right, step left forward
- 7-12 Repeat the above 6 counts

RESTART

On the 5th wall dance up to count 21 & add the following 3 counts:

STEP FORWARD, ¼ PIVOT TURN LEFT

- 1-2-3 Step left forward, step right forward, pivot turn ¼ left (to face the front) taking weight on left

Then restart the dance

FINISH

On wall 8 (starts facing the back) dance up to count 24 then step right across left, step left back, turn ¼ right taking large step to right dragging left together
