

Standing Straight

拍數: 48 牆數: 2 級數: Improver waltz
編舞者: Marnita Beal (USA)
音樂: Alcohol - Brad Paisley



BASIC WALTZ STEP, ROCK, RECOVER

1-6 Left, right left, right, left, right (in a staggering manner)
7-9 Rock forward left and hold for two counts
10-12 Recover back on right and hold for two counts

BASIC WALTZ STEP ROCK, RECOVER WITH ¼ TURN

13-24 Repeat first 12 counts adding a left ¼ turn to the left at the end of the recover

CROSS, STEP, STEP, STEP, DRAG

25-30 Cross left over right, step right to right side, bring left next to right, step right to right side, drag left next to right over two counts

CROSS, STEP, STEP, WALK BACK FOR THREE

31-36 Cross left over right, step right to right side, bring left next to right, step right to right side, step right back, left back, right back

CROSS STEP, STEP, STEP, DRAG

37-42 Repeat steps 25-30

LEFT SAILOR, RIGHT SAILOR WITH A QUARTER TURN

43-48 Cross left behind right, step right with right, step left to left, cross right behind left, step left to left, step right to right with a left ¼ turn on the end

REPEAT

TAG

At the end of each chorus there is an extra 18 counts. Please do the following and restart the dance at each verse

1-6 Basic waltz starting with left
1-3 Forward rock on the left and hold for two counts
1-6 Basic waltz starting with the right
1-3 Forward rock on the right and hold for two counts