

Stationary Waltz (P)

COPPERKNOB
STEP SHEETS

拍數: 24 牆數: 4 級數: Intermediate partner dance
編舞者: Bob Izral (USA)
音樂: Rockin' Years - Dolly Parton & Ricky Van Shelton



Position: Right dancing skaters position

Partners follow identical footwork throughout the pattern. This waltz is an adaptation of the "Stationary Cha-cha" to waltz rhythm. It works best with slower waltz songs

WALTZ ROCK STEPS

- 1 Step left forward
- 2 Rock right forward
- 3 Step left backward
- 4 Step right backward
- 5 Rock left backward
- 6 Step right forward

STEP, PIVOT, ROCK STEP; STEP, PIVOT, ROCK STEP

- 1 Step left forward
- & Pivot $\frac{1}{2}$ right on ball of left foot
- Partners are now in left dancing skaters position**
- 2 Rock right backward
- 3 Step left forward
- 4 Step right forward
- & Pivot $\frac{1}{2}$ left on ball of right foot
- Partners return to right dancing skaters position**
- 5 Rock left backward
- 6 Step right forward

QUARTER TURN, STEP, PIVOT, ROCK; STEP, STEP, PIVOT, ROCK

- 1 Step on left foot turning $\frac{1}{4}$ right
- Lady steps in place, man steps around to remain at lady's side**
- 2 Step right forward
- Release right hands and raise left hands**
- & Pivot $\frac{1}{2}$ left on ball of right foot
- 3 Rock left backward
- 4 Step right forward
- 5 Step left forward
- & Pivot $\frac{1}{2}$ right on ball of left foot
- 6 Rock right backward
- Rejoin right hands returning to right dancing skaters position**

WALTZ BALANCE STEPS

- 1 Step left forward
- 2 Touch right toe next to left instep
- 3 Hold
- 4 Step right backward
- 5 Touch left toe next to right instep
- 6 Hold

REPEAT

