

Stay In

拍數: 48 牆數: 4 級數: Intermediate waltz
編舞者: Pauline Mason (UK)
音樂: Stay In This Moment - Trick Pony



LEFT TWINKLE, RIGHT TWINKLE ½ TURN RIGHT, FORWARD ROLL TO LEFT, LOCK STEP ½ TURN LEFT

- 1-3 Step left foot across right, side right, replace weight onto left
4-6 Step right foot across left commencing ½ turn to right, step left foot back continuing turn, step right foot to side completing turn
7-9 Step forward left(commencing complete turn to left) step back on right foot for ½ turn left & forward on left foot for ½ turn left
10-12 Step forward right, crossing left foot behind right, turn ½ turn left uncrossing feet keeping weight on right foot

RONDE LEFT INTO SAILOR STEP ½ LEFT, STEP BACK REPLACE WEIGHT, STEP TOGETHER TWICE

- 13-15 Ronde left stepping underneath right, commencing ½ turn left, step right to side continuing turn, step left slightly in front of right completing turn
16-18 Step back on right, replace weight forward onto left, close right to left
19-24 Repeat steps 13-18 (12:00 wall)

CROSS ROCK LEFT & RIGHT, FORWARD LOCK STEP TURNING ½ TURN RIGHT TWICE

- 25-27 Step forward left across right, replace weight onto right, step side left
28-30 Step forward right across left, replace weight onto left, step side right
31-33 Step forward left, cross right behind left, turn ½ turn right, replacing weight onto right foot
34-36 Repeat steps 31-33

LEFT TWINKLE, RIGHT TWINKLE ¾ TURN RIGHT, CHANGE OF DIRECTION WITH COMPLETE TURN, ROLL TO LEFT, ROCK REPLACE DRAW

- 37-39 Step left across right, step side right, replace weight onto left
40-42 Step right foot across left commencing ¾ turn to right, step back onto left continuing turn, forward right foot completing turn (9:00)
43-45 Step left forward turning ¼ turn to left, turn on ball of left foot ½ turn left, stepping back with right, step side left turning ¼ turn left to complete full turn left for change of direction
46-48 Step side right, replace weight onto left foot with rock action & draw right to left placing weight onto right foot

REPEAT

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End of wall number 3 only

- 46-48 Step side right, replace weight onto left foot with rock action & rock weight again onto right foot
1-6 Roll complete turn to left commencing left foot (left, right, left), step back on right, replace weight forward onto left, touch right next to left
7-12 Repeat 1-6 commencing right foot turning to right