

Twinkle Hesitation (Walker)

拍數: 24 牆數: 4 級數: Beginner waltz
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音樂: Who Says You Can't Have It All - Alan Jackson



RIGHT AND LEFT TWINKLES

The twinkle is commonly used with waltz steps. Begin with weight on your right foot.

- 1 Step diagonally with the left foot to the right, to the side but forward from the right foot
- 2 Step to change weight onto the right foot
- 3 Step back to the original position with the left foot
- 4 Step diagonally with the right foot to the left, to the side but forward from the left foot.
- 5 Step to change weight onto the left foot.
- 6 Step back to the original position with the right foot

FORWARD AND BACK HESITATION STEPS

Forward

- 1 Step forward with left foot
- 2 Step the right foot beside the left foot
- 3 Change weight to the left foot by stepping in place
- 4 Step forward with right foot
- 5 Step the left foot beside the right foot
- 6 Change weight to the right foot by stepping in place

Backward

- 1 Step back with left foot
- 2 Step the right foot beside the left foot
- 3 Change weight to the left foot by stepping in place
- 4 Step back with right foot making a ¼ turn left
- 5 Step the left foot beside the right foot
- 6 Change weight to the right foot by stepping in place

HESITATION TURN

- 1 Step forward with left foot in front of right foot
- 2 Step in place with right foot
- 3 Step back with left foot
- 4 Step forward with right foot
- 5 Step forward with left foot
- 6 Pivot ¼ right on balls of both feet

REPEAT

Twinkle Hesitation can be danced by persons who feel they must use walkers. The tempo and movements are planned to allow easy manipulation of a walker, with or without wheels. Experience indicates that most dancers find the ability to dance without their walkers once they become accustomed to the steps.