

Waltzes And Shuffles

拍數: 48 牆數: 4 級數: Intermediate waltz
編舞者: Frankie Three Socks Mitchell (IOM) & Elaine Dewhirst (IOM)
音樂: Own Heart's Delight - Ian Tyson



WALTZ STEPS

- 1 Step diagonally forward crossing left over right
- 2-3 Step right in place, step left in place
- 4 Step back on the right, ½ turn over left shoulder
- 5-6 Step left in place, step right in place
- 7-12 Repeat steps 1-6

MODIFIED SAILOR STEPS

- 13 Step diagonally forward crossing left over right
- 14 Step right to the side, slightly behind left
- 15 Step left to the side (feet now shoulder width apart)
- 16 Step diagonally forward crossing right over left
- 17 Step left to the side, slightly behind right
- 18 Step right to the side (feet now shoulder width apart)
- 19-24 Repeat steps 1-6

¼ TURN, COASTER STEP, FULL TURN, BOX

- 25 Step diagonally forward crossing left over right
- 26 Step right to the side, slightly behind left
- 27 Step left to the side making a ¼ turn left by spinning on the ball of right foot
- 28-30 Step forward on right, step left beside right, step back onto right
- 31-33 Step forward on left making a ¼ turn left, step to the side with the right making a ¾ turn over left shoulder stepping down on the left
- 34-36 Cross right over left, step back on left, step right in place

CROSS POINT AND HOLD TWICE

- 37-39 Cross left over right, point right to the side and hold for one beat
- 40-42 Cross right behind left, point left to the side and hold for one beat

COASTER STEP AND WALTZ

- 43-45 Step back on the left, step right beside left, step forward on left
- 46 Step forward right spinning ½ turn right on ball of right foot
- 47-48 Step left in place, step right in place

REPEAT
