

# Waltzes And Shuffles

拍數: 48      牆數: 4      級數: Intermediate waltz  
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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

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