

Winter Waltz

拍數: 48 牆數: 4 級數: waltz
編舞者: Unknown
音樂: Any 90-120 bpm waltz



DIAGONAL MOVEMENT FORWARD

- 1 Step left foot forward diagonal left (facing approximately 10:30 o'clock)
- 2 Step right foot forward facing diagonal left (approximately 10:30 o'clock)
- 3 Step left foot beside right, facing diagonal left (approximately 10:30 o'clock)
- 4 Step right foot forward diagonal right (facing approximately 1:30 o'clock)
- 5 Step left foot forward facing diagonal right (approximately 1:30 o'clock)
- 6 Step right foot beside left facing diagonal right (approximately 1:30 o'clock)

DIAGONAL MOVEMENT BACKWARD

- 7 Step left foot back diagonal (backing into approximately 7:30 o'clock)
- 8 Step right foot back diagonal (backing into approximately 7:30 o'clock)
- 9 Step left foot back beside right (backing into approximately 7:30 o'clock)
- 10 Step right foot back diagonal right (backing into approximately 4:30 o'clock)
- 11 Step left foot back (backing into approximately 4:30 o'clock)
- 12 Step right foot back beside left (backing into approximately 4:30 o'clock)

VINE LEFT (FACING 12:00 O'CLOCK)

- 13 Step left foot to left side
- 14 Step right foot cross behind left foot
- 15 Step left foot to left side
- 16 Step right foot across front of left foot
- 17 Step left foot to left side
- 18 Touch right toe/ball cross front of left foot

VINE RIGHT (FACING 12:00 O'CLOCK)

- 19 Step right foot to right side
- 20 Step left foot cross behind right foot
- 21 Step right foot to right side
- 22 Step left foot across front of right foot
- 23 Step right foot to right side
- 24 Touch left toe/ball across front of right foot

FORWARD AND BACK HESITATIONS

- 25 Step left foot forward
- 26 Touch right toe/ball beside left instep
- 27 Hold/pause
- 28 Step right foot back
- 29 Touch left toe/ball beside right instep
- 30 Hold/pause

¼ TURN FORWARD AND ROCK MOVEMENTS

- 31 Step left ball of foot forward as you turn ¼ turn left (facing 9:00 o'clock)
- 32 Step right foot forward
- 33 Step left foot forward
- 34 Step right foot forward (left leg stays extended back with toe/ball of left foot remaining on the floor).

- 35 Rock back onto left foot. (shift body weight back to left foot, leaving right leg extended forward with toe/ball of right foot remaining on the floor).
- 36 Rock forward onto right foot. (shift body weight forward to right foot, leaving left leg extended back, toe/ball of left foot remains on the floor).

½ SWEEP TURN AND ROCK MOVEMENTS

- 37 Step left foot forward, putting weight to the ball of left foot.
- 38 Right leg swings forward (swing right leg forward, keeping right foot just off of the floor) as you make ½ turn to left, pivoting on left ball of foot. (facing 3:00 o'clock).
- 39 Step right foot forward (left leg stays extended back with toe/ball of left foot remaining on the floor).
- 40 Rock back onto left foot (shift body weight back to left foot, leaving right leg extended forward with toe/ball of right foot remaining on the floor).
- 41 Rock forward onto right foot (shift body weight forward to right foot, leaving left leg extended back, toe/ball of left foot remains on the floor).
- 42 Touch left foot beside right instep.

SIDE HESITATIONS

- 43 Step left foot to left side
- 44 Touch right toe/ball beside left instep
- 45 Hold/pause
- 46 Step right foot to right side
- 47 Touch left toe/ball beside right instep
- 48 Hold/pause

REPEAT
