

Nada Waltz

拍數: 48 牆數: 4 級數: Improver
編舞者: Charlotte Williams (USA) - December 2003
音樂: Tennessee Waltz - Ireen Sheer



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- (1-8) (Modified) Waltz Lunges C Lunge Right with Touch; Lunge Left with Touch**
1-4 Lunge right across (in front) of left, step left in place, return right home, touch left next to right
5-8 Lunge left across (in front) of right, step right in place, return left home, touch right next to left
- (9-16) Right Vine, Turn One-Fourth Left, Modified (Slow) Coaster**
1-4 Step right to right, step left behind right, step right to right, step left across (in front) of right
5 Turn one-fourth (1/4) left stepping on back on right
6-8 Step back on left, step right next to left, step forward on left (slow coaster)
- (17-24) Modified (Slow) Coasters Forward and Back, Turn One-Fourth Left, Tap**
1-3 Step forward on right, step left next to right, step back on right
4-6 Step back on left, step right next to left, step forward on left
7-8 Turn one-fourth (1/4) to left, stepping right to right, tap left heel to left
- (25-32) Step - Tap; Step - Tap; Step - 3 Taps**
1-2 Step left to left, tap right heel to right
3-4 Step right to right, tap left heel to left
5-8 Step left to left, tap right heel three (3) times "C signal that you are getting ready to start polka steps forward
- (33-40) Four Polka (Shuffle) Steps Forward**
1&2 Right polka (shuffle) forward (R,L,R)
3&4 Left polka (shuffle) forward (L,R,L)
5&6 Right polka (shuffle) forward (R,L,R)
7&8 Left polka (shuffle) forward (L,R,L)
(Variation: *on 2nd and 3rd polkas turn one-half (1/2) turn each to right making a 360 turn*)
- (41-48) Two Step Slide Back, Two Polka (Shuffle) Steps Back**
1-2 Step back on right (at right diagonal), slide left next to right "C keep weight on right
3-4 Step back on left (at left diagonal), slide right next to left "C keep weight on left
5&6 Right polka (shuffle) back (R,L,R)
7&8 Left polka (shuffle) back (L,R,L)
- Begin Again !**
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