

Just One Chance Waltz

COPPERKNOB
BY STEPHENETS

拍數: 48 牆數: 4 級數: Beginner waltz
編舞者: Judith Campbell (NZ)
音樂: Wanted - Alan Jackson



STEP ACROSS - TOUCH TO SIDE - HOLD (TWICE)

1-2-3 Step left foot across in front of right (turning body slightly to the left), touch right foot to right front corner (on the diagonal), hold

4-5-6 Repeat stepping right across left, touch left foot to left front corner, hold

Optional hand movements on the touch: take the same arm out diagonally over extended leg and hold

STEP ACROSS - ROCK - WALTZ BACK

1-2-3 Step left across right, rock over onto right foot, recover back to center taking weight onto left foot

4-5-6 Take a large step back on the right foot, step the left foot next to right, step the right foot in place

1-12 Repeat the above 12 counts again

DOUBLE KICK FORWARD. - WALTZ BACKWARDS WITH A ¼ TURN LEFT: (TWICE)

1-2-3 Step forward on left foot, small kick forward on right foot then a bigger kick forward

4-5-6 Step back on the right foot, ¼ turn left stepping onto left foot, right foot next to left (waltz back with a ¼ turn to left)

1-6 Repeat these 6 counts again

STEP LUNGE - HOLD 2 COUNTS - WALTZ STEP ON THE SPOT

1-2-3 Take a large step to the left on left foot bending the left knee (right leg remains straight), hold for 2 counts

Optional arms: take right arm out diagonally over right leg with head turned to right

4-5-6 Bring right foot in next to left foot, step left foot in place, step right foot in place

STEP FORWARD - STEP FORWARD ½ PIVOT LEFT - STEP - STEP - ½ PIVOT TO RIGHT

1-2-3 Step forward on left foot bending left knee, step forward on ball of right foot rising up on both balls of feet with legs straight, ½ pivot turn to left

4-5-6 Step forward on right foot bending right knee, step forward on left foot rising up on both balls of feet, ½ pivot turn to right

REPEAT
