Hokonui Waltz



拍數: 48 編數: 4 級數: Intermediate waltz

編舞者: Judith Campbell (NZ)

音樂: The Last Waltz - Rodney Crowell



SPIN & WALTZ FORWARD

1-3 Step forward right foot (left foot by right ankle) and turn ½ to right, step left down next to right,

step right next to left

4-6 Basic waltz step forward on left foot

HEEL GRIND WITH A 1/4 TURN RIGHT: STEP DRAG & TAP

Place right heel by left toe & fan toes out to right, taking the weight onto right heel, turning a ½ to right

2 Place left foot next to right

3-4 Step right foot next to left, take a large step to left on left foot (bending left knee, right leg

straight)

5-6 Drag right toe on floor bringing it in & lifting off floor, tap right foot next to left foot

1 & 1/4 ROLL TO RIGHT: OR (ALTERNATIVE STEP): SAILOR SHUFFLE LEFT FOOT

1-2 Turning ¼ to right; step forward on right, step forward on left turning ½ to right

3 Step back on left turn ½ to right

Alternative for the above 3 counts

1-3 Turning a ¼ right stepping forward onto right foot, step left foot next to right, step right foot

forward taking the weight

4-6 (Sailor) step left foot behind right, step right to right side, step left foot in place

SAILOR SHUFFLE RIGHT FOOT: CURTSEY TURN

1-3 (Sailor) step right foot behind left, step left to left side, step right foot in place

4-6 (Curtsey turn): place left foot behind right foot (bending knees), turn ¾ to left on ball of foot,

hold or transfer weight to left foot

CROSS ROCKS: TWICE

1-3 Step right foot across left diagonal, step left in place, bring right foot in next to left (facing

front)

4-6 Step left across right diagonal, step right in place, bring left foot next to right (facing front)

CROSS, ROCK, RECOVER TWICE MOVING DIAGONALLY FORWARD

1 Taking a large step with right foot diagonally across left (bending knees)

2 Step left foot diagonally left straightening both legs and lifting up on balls of feet

3 Recover onto right foot transferring weight to right foot

4-6 Repeat these 3 counts stepping left over to right diagonal, rock recover

FORWARD ROCK & 1/2 TURN: TWICE

1-3 Rock forward on right foot, stepping back on left foot taking a ½ turn to right, step right foot

next to left foot

4-6 Rock forward on left foot, step back on right foot making a ½ turn to the left, step left foot next

to right

STEP: STEP FORWARD: ½ PIVOT: TWICE

1-2 Step forward on right foot (bending knees), step left foot forward on balls of feet

(straightening legs)

3-4 Turn ½ to the right on both balls of feet, step forward on left foot (bending knees)

REPEAT

This music is 5 minutes long but, there is a pause in the music just before 4 minutes. Feel free to finish here if you wish. (the bending & straightening gives a nice lilting feel)