

Hokonui Waltz

拍數: 48 牆數: 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 $\frac{1}{2}$ 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 $\frac{1}{4}$ TURN RIGHT: STEP DRAG & TAP

- 1 Place right heel by left toe & fan toes out to right, taking the weight onto right heel, turning a $\frac{1}{4}$ 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 & $\frac{1}{4}$ ROLL TO RIGHT: OR (ALTERNATIVE STEP): SAILOR SHUFFLE LEFT FOOT

- 1-2 Turning $\frac{1}{4}$ to right ; step forward on right, step forward on left turning $\frac{1}{2}$ to right
3 Step back on left turn $\frac{1}{2}$ to right

Alternative for the above 3 counts

- 1-3 Turning a $\frac{1}{4}$ 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 $\frac{3}{4}$ 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 & $\frac{1}{2}$ TURN: TWICE

- 1-3 Rock forward on right foot, stepping back on left foot taking a $\frac{1}{2}$ turn to right, step right foot next to left foot
4-6 Rock forward on left foot, step back on right foot making a $\frac{1}{2}$ turn to the left, step left foot next to right

STEP: STEP FORWARD: $\frac{1}{2}$ PIVOT: TWICE

- 1-2 Step forward on right foot (bending knees), step left foot forward on balls of feet (straightening legs)
3-4 Turn $\frac{1}{2}$ to the right on both balls of feet, step forward on left foot (bending knees)

5-6

Step forward on right ball of foot (straightening legs), turn $\frac{1}{2}$ to left on both balls of foot

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)
