

The French Waltz

拍數: 48 牆數: 2 級數: Intermediate waltz
編舞者: Christina Chui (CAN)
音樂: French Waltz - Nicolette Larson



FORWARD WALTZ & BACK WALTZ (CHANGE STEPS)

1-3 Step left forward, step right to right side, step left in place
4-6 Step right backward, step left to left side, step right in place

TURNING BACK WALTZ, TURNING FORWARD WALTZ (TURNING BOX)

1-3 Step left back turning $\frac{1}{4}$ to right side, step right to right side, step left beside right
4-6 Step right forward turning $\frac{1}{4}$ to right side, step left to left side, step right beside left

TURNING BACK WALTZ, TURNING FORWARD WALTZ (TURNING BOX)

1-3 Step left back turning $\frac{1}{4}$ to right side, step right to right side, step left beside right
4-6 Step right forward turning $\frac{1}{4}$ to right side, step left to left side, step right beside left

HESITATION, CONTRA CHECK

1-3 Drag left to left 3 counts, lowering body while turning upper torso to diagonal left
4-6 Lower right behind left for 2 counts & point right to right, turn upper torso to diagonal right

REVERSE BACK WALTZ WITH $\frac{1}{4}$ TURN LEFT, TURNING LOCK STEP (VIENNESE TURN IN LOD)

1-3 Turn $\frac{1}{4}$ left stepping right backward, step right beside left, close left beside right
4-6 Turn $\frac{1}{8}$ right stepping left forward, step right beside left, cross left in front right with $\frac{1}{8}$ turn

REVERSE BACK WALTZ WITH $\frac{1}{4}$ TURN LEFT, TURNING LOCK STEP (VIENNESE TURN IN LOD) SAME AS SECTION 5

1-3 Turn $\frac{1}{4}$ left stepping right backward, step right beside left, close left beside right
4-6 Turn $\frac{1}{8}$ right stepping left forward, step right beside left, cross left in front right with $\frac{1}{8}$ turn

REVERSE TURNING COASTER, RUMBA CROSS WITH $\frac{1}{8}$ TURN

1-3 Turn $\frac{3}{8}$ left stepping right backward, step left forward, step right forward
4-6 Cross left, recover weight on right, turn left $\frac{1}{8}$ turn to left

RUMBA CROSS, SIT & DRAG

1-3 Cross right, recover weight on left, step right to right
4-6 Lower right, change weight to semi sit pose & drag left to right

REPEAT

TAG

After 2nd wall, facing front wall

1-3 Step left to left (side sway)
4-6 Step right to right (side sway)

After 4th wall, facing front wall

1-3 Step left to left (side sway)
4-6 Step right to right (side sway)

After 6th wall, facing front wall

1-3 Step left to left (side sway)
4-6 Step right to right (side sway)
1-3 Step left forward (forward lunge)
4-6 Recover on right

1-3 Step left backward (backward lunge)

4-6 Recover on right

After 8th wall, facing front wall (music is all instrumental. There is "ritardando". Music slows down at the end of 9th wall

After 10th wall, dance is to finish after the following 6 counts

1-3 Step left to left (side sway)

4-6 Step right to right (side sway)

1-6 End with graceful pose (ad lib)
