

Elena's Waltz

拍數: 51 牆數: 2 級數: Improver waltz
編舞者: Helen Sabin (USA)
音樂: Tanya Montana - David Allen Coe



CROSS TWINKLE RIGHT AND LEFT (SCISSOR STEP)

- 1 Cross step left over right
- 2 Step right
- 3 Step left next to right
- 4 Cross step right over left
- 5 Step left
- 6 Step right next to left

LEFT WALTZ TRIPLE FORWARD, RIGHT WALTZ TRIPLE BACKWARD

Left arm goes out to side, right arm crosses gracefully over body to left and back on steps 7-9. Reverse on steps 13-15

- 7 Step forward on left, (arms go back together - palms to front)
- 8 Step right next to left
- 9 Step left next to right
- 10 Step back on right (arms reverse)
- 11 Step left next to right
- 12 Step right in place

STEP LEFT, ROCK BACK, STEP RIGHT, ROCK BACK

- 13 Step left to side
- 14 Right cross behind left and rock back
- 15 Rock forward in place with left
- 16 Step right to side
- 17 Cross left behind right and rock back on left
- 18 Rock forward in place with right

LEFT FULL TURN, RIGHT BRUSH

- 19-21 Step left and begin full turn to left (left right left)
- 22 Right brush forward
- 23 Brush right backward crossing over left
- 24 Brushing forward

STEP RIGHT, ROCK BACK LEFT, RECOVER, STEP LEFT, ROCK BACK RIGHT, RECOVER RIGHT

- 25 Step to right
- 26 Left crosses in back and rock back
- 27 Recover right
- 28 Step left to side
- 29 Cross right behind left and rock back
- 30 Step left in place

RIGHT 360 TURN AND HOLD

- 31-33 Step right and begin full turn to right (right left right)
- 34 Brush left forward
- 35 Brush left back across over right
- 36 Brush forward again to start ¼ box turn left

¼ TURN LEFT TO START A WALTZ BOX, STEP RIGHT ¼ TURN LEFT, BOX STEP TWICE

- 37 Step left turn ¼ left
- 38 Draw right foot up next to left and swing to right
- 39 Step right closing with left and shift weight to left
- 40 Step back right
- 41 Draw left foot back and swing to left
- 42 Step left and close with right

REPEAT WALTZ BOX

- 43 Step left turn ¼ left
- 44 Draw right foot up next to left and swing to right
- 45 Step right closing with left and shift weight to left
- 46 Step back right
- 47 Draw left foot back and swing to left
- 48 Step left and close with right
- 49-51 Walk forward left, right, tap left toe to instep

REPEAT

TAG

When dancing to "Tanya Montana" by David Allen Coe, after the second time through the dance, do four left waltz boxes turning ¼ each time starting from 12:00 and returning to 12:00. Restart dance to end of music. Keep doing left turning boxes at the end as the music fades.

TAG

When dancing to "It's Four In The Morning" by Faron Young, after doing the dance four times, do four ¼ turning waltz boxes (see steps-37-42) starting and ending at 12:00. First ¼ turn is from 12:00 to 9:00.
