

Elaine's Waltz (P)

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 0 級數: Partner
編舞者: Keith Garnett (WLS)
音樂: More Than One Heart - Dave Sheriff



Position: Start with man facing LOD, Lady in front facing RLOD, hands at waist level. Arms crossed Left hands on top

MAN'S STEPS

BASIC WALTZ PATTERN WITH HAIRBRUSHES

- 1 Stride forward on left foot
- 2 Step forward on right foot
- 3 Step left foot next to right
- 4 Stride forward on right foot
- 5 Step forward on left foot
- 6 Step right foot next to left

Raise man's left arm up, over and behind lady's head, dropping left hand on step count 3. Raise man's right arm up, over and behind lady's head. Man picks up lady's left hand in his left on count 6. Keep right arms up

MAN'S BASIC WITH LADY'S OUTSIDE TURN AND A HALF INTO SIDE BY SIDE POSITION

- 1 Step forward (small step) on left foot
- 2 Step forward (small step) on right foot
- 3 Step forward (small step) on left foot
- 4 Stride forward on right foot
- 5 Step forward on left foot
- 6 Step right foot next to left

Bring man's right arm down to waist level while man's left arm goes up & over lady's head then down to waist level. (couple now facing LOD with arms crossed in front at waist level with left hands on top)

MAN'S BASIC WITH LADY'S INSIDE TURN AND A HALF INTO A ROSE ARCH

- 1 Step forward (small step) on left foot
- 2 Step forward (small step) on right foot
- 3 Step forward (small step) on left foot

Raise man's left arm over lady's head, while right hands stay at waist level

- 4 Stride forward on right foot
- 5 Step forward on left foot
- 6 Step right foot next to left

Couple now facing each other in a rose arch left arms raised while man's right hand holds lady's right arm in

BROKEN BASIC WALTZ PATTERN

- 1 Stride forward on left foot
- 2 Step forward on right foot
- 3 Step left foot next to right
- 4 Stride back on right foot
- 5 Step back on left foot
- 6 Step right foot next to left

Couple stay in rose arch position

MAN'S BASIC WITH LADY'S OUTSIDE TURN AND A HALF

- 1 Step forward (small step) on left foot
- 2 Step forward (small step) on right foot
- 3 Step forward (small step) on left foot

- 4 Stride forward on right foot
- 5 Step forward on left foot
- 6 Step right foot next to left

Man's left arm stays over lady's head, leading turn with right hand. On count 2 drop right hand. On count 3 bring lady's right arm down to waist level and change to man's right hand. (couple now facing LOD in open position side by side, holding inside hands)

CROSSOVER TWINKLES

- 1 Stride forward diagonally right on left foot
- 2 Step right foot next to left
- 3 Step left foot in place
- 4 Stride forward diagonally left on right foot
- 5 Step left foot next to right
- 6 Step right foot in place

On count 1, pick up lady's right hand in man's left. Man crosses behind lady passing his left hand over lady's head and bringing it down to waist level. On count 4, pick up lady's left hand in man's right to left. Man crosses behind lady passing his right hand over lady's head bringing it down to waist level

MAN'S BASIC IN PLACE WITH LADY'S OUTSIDE HALF TURN

- 1 Step in place on left foot
- 2 Step in place on right foot
- 3 Step in place on left foot
- 4 Stride forward on right foot
- 5 Step forward on left foot
- 6 Step right foot next to left

On count 1, pick up lady's right hand in man's left and raise it over lady's head as she turns. On count 3, bring left arm down to waist level and change hands, taking lady's left hand in man's left and right hand to right hand.(couple are now back in start position)

MAN'S AND LADY'S BOX STEP

- 1 Stride forward on left foot
- 2 Step to right side on right foot
- 3 Step left foot next to right
- 4 Stride back on right foot
- 5 Step to left side on left foot
- 6 Step right foot next to left

REPEAT

LADY'S STEPS

BASIC WALTZ PATTERN WITH HAIRBRUSHES

- 1 Stride back on right foot
- 2 Step back on left foot
- 3 Step right foot next to left
- 4 Stride back on left foot
- 5 Step back on right foot
- 6 Step left foot next to right

Raise man's left arm up, over and behind lady's head, dropping left hand on step count 3. Raise man's right arm up, over and behind lady's head. Man picks up lady's left hand in his left on count 6. Keep right arms up

MAN'S BASIC WITH LADY'S OUTSIDE TURN AND A HALF INTO SIDE BY SIDE POSITION

- 1 Step back on right foot making $\frac{1}{2}$ turn to the right
- 2 Step forward on left foot making $\frac{1}{2}$ turn to the right
- 3 Step back on right foot making $\frac{1}{2}$ turn to the right
- 4 Stride forward on left foot

5 Step forward on right foot

6 Step left foot next to right

Bring man's right arm down to waist level while man's left arm goes up & over lady's head then down to waist level. (couple now facing LOD with arms crossed in front at waist level with left hands on top)

MAN'S BASIC WITH LADY'S INSIDE TURN AND A HALF INTO A ROSE ARCH

1 Step forward on right foot making $\frac{1}{2}$ turn to the left

2 Step back on left foot making $\frac{1}{2}$ turn to the left

3 Step forward on right foot making $\frac{1}{2}$ turn to the left

Raise man's left arm over lady's head, while right hands stay at waist level

4 Stride backwards on left foot

5 Step backwards on right foot

6 Step left foot next to right

Couple now facing each other in a rose arch left arms raised while man's right hand holds lady's right arm in

BROKEN BASIC WALTZ PATTERN

1 Stride back on right foot

2 Step back on left foot

3 Step right foot next to left

4 Stride forward on left foot

5 Step forward on right foot

6 Step left foot next to right

Couple stay in rose arch position

MAN'S BASIC WITH LADY'S OUTSIDE TURN AND A HALF

1 Step back on right foot making $\frac{1}{2}$ turn to the right

2 Step forward on left foot making $\frac{1}{2}$ turn to the right

3 Step back on right foot making $\frac{1}{2}$ turn to the right

4 Stride forward on left foot

5 Step forward on right foot

6 Step left foot next to right

Man's left arm stays over lady's head, leading turn with right hand. On count 2 drop right hand. On count 3 bring lady's right arm down to waist level and change to man's right hand. (couple now facing LOD in open position side by side, holding inside hands)

1 Stride forward diagonally left on right foot

2 Step left foot next to right

3 Step right foot in place

On count 1, pick up lady's right hand in man's left. Man crosses behind lady passing his left hand over lady's head and bringing it down to waist level

4 Stride forward diagonally right on left foot

5 Step right foot next to left

6 Step left foot in place

On count 4, pick up lady's left hand in man's right to left. Man crosses behind lady passing his right hand over lady's head bringing it down to waist level

MAN'S BASIC IN PLACE WITH LADY'S OUTSIDE HALF TURN

1 Step forward on right foot making $\frac{1}{2}$ turn to the right

2 Step left foot next to right

3 Step in place on right foot

4 Stride back on left foot

5 Step back on right foot

6 Step left foot next to right

On count 1, pick up lady's right hand in man's left and raise it over lady's head as she turns. On count 3, bring left arm down to waist level and change hands, taking lady's left hand in man's left and right hand to right

hand. (couple are now back in start position)

- 1 Stride back on right foot
- 2 Step to left side on left foot
- 3 Step right foot next to left
- 4 Stride forward on left foot
- 5 Step to right side on right foot
- 6 Step left foot next to right

REPEAT
