

Contra Waltz

拍數: 24 牆數: 2 級數: Ultra Beginner waltz
編舞者: Irene Groundwater (CAN)
音樂: Walkin' All Over My Heart - Travis Tritt



Position: Dancers form 2 lines offset facing each other

FORWARD, FORWARD, FORWARD, FORWARD, FORWARD, FORWARD

1-2-3 Left forward, right forward, left forward
4-5-6 Right forward, left forward, right forward

On forward walks dancers will go between 2 people facing them in opposite line. Option: clap the opposite persons hands as you go between the line

¼ TURN LEFT, SIDE, TOGETHER, ¼ TURN LEFT, SIDE, TOGETHER (½ TURNING BOX STEP)

1 Left forward making ¼ turn left on step
2-3 Side step right, step left beside right
4 Right back making ¼ turn left on step
5-6 Large side step left, step right beside left

Dancers should now be facing people in the opposite line - head on

FORWARD, TOGETHER, TOGETHER, BACK, TOGETHER, TOGETHER

1-2-3 Left forward, step right beside left, step left beside right
4-5-6 Right back, step left beside right, step right beside left

Option: dancers can clap hands with opposite line dancers on counts 2-3

SIDE, DRAG, TOUCH, SIDE, DRAG, TOUCH

1 Small side step left
2-3 Drag right towards left, touch right ball beside left instep
4 Large side step right
5-6 Drag left towards right, touch left ball beside right instep

This should bring you back to your original position to start the dance over again. Option: on count 3, clap hands to the left shoulder high. Option: on count 6, clap hands to the right shoulder high

REPEAT