

Carefree Waltz

拍數: 48 牆數: 2 級數: Intermediate waltz
編舞者: Lana Harvey (USA)
音樂: Take It Easy On Yourself - Don Williams



FRONT CROSS, ¼ LEFT, ¼ LEFT, FRONT CROSS, ¼ RIGHT, ¼ RIGHT

- 1 Cross step left over right turning toe to left in preparation for turn
- 2 Step right back turning ¼ left
- 3 Turning another ¼ left, step left to left
- 4 Cross step right over left turning toe to right in preparation for turn
- 5 Step left back turning ¼ right
- 6 Turning another ¼ right, step right to right

You are moving to the right on 1-6

FORWARD ROCK, BACK, ½ TURN, FORWARD, ROCK, BACK, TOGETHER

- 7-8 Rock forward on left, step back on right starting ½ turn left
- 9 Step forward on left finishing ½ turn left
- 10-11 Rock forward on right, step back on left
- 12 Step right together

FRONT CROSS, ¼ LEFT, ¼ LEFT, FRONT CROSS, ¼ RIGHT, ¼ RIGHT

13-18 are repeat of 1-6 and move to right

- 13 Cross step left over right turning toe to left in preparation for turn
- 14 Step right back turning ¼ left
- 15 Turning another ¼ left, step left to left
- 16 Cross step right over left turning toe to right in preparation for turn
- 17 Step left back turning ¼ right
- 18 Turning another ¼ right, step right to right

FORWARD ROCK, BACK, ½ TURN, BASIC WALTZ FORWARD

- 19-20 Rock forward on left, step back on right starting ½ turn left
- 21 Step forward on left finishing ½ turn left
- 22-24 Waltz forward right-left-right

FORWARD, SWEEP FORWARD, CROSS-BACK-BACK

- 25-27 Step forward on left, sweep right toe forward and across in front of left
- Option: slow right leg swing forward and across left. Take full 2 counts on sweep or swing**
- 28-30 Step right across left, step back left, step back right

CROSS-BACK-BACK, CROSS-BACK-BACK TURNING ¼ RIGHT

- 31-33 Step left across right, step back right, step back left
- 34-36 Step right across left starting ¼ turn right, step back left, step back right finishing ¼ turn right

FORWARD, HOLD, CLOSE, FORWARD, ½ PIVOT, STEP

- 37-39 Step forward left, hold 1 count, step right next to left,
- 40-42 Step forward left, step forward right pivoting ½ left, step left in place

FORWARD, ½ PIVOT, STEP, FORWARD, ¼ PIVOT

- 43-45 Step forward right, step forward left pivoting ½ right, step right in place
- 46-48 Step forward left, hold 1 count, pivot ¼ right on balls of both feet shifting weight to right

REPEAT

When using Don Williams, you end with right crossed (34). Hold position.

For Rick Tippe, follow music slowing at end on 24-30, ending with left crossed (31). Hold position.

DANCE NOTES:

Turns on 1-6 and 13-18 are reverse turns turning back first.

There is also a double left lead on 37-42.

On the sweep (26-27) take your time and make it a graceful move.
