

Amazing Grace 1

拍數: 48 牆數: 1 級數: Improver waltz
編舞者: Miss Vickie (USA)
音樂: Amazing Grace - Carlton Showband



BASIC FORWARD

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

TURN, SIDE, CROSS, TURN, SIDE CROSS

- 7 Step to the left on left foot making a ½ turn to the left with the step
- 8 Step to the right on right foot
- 9 Cross left foot behind right and step
- 10 Step to the right on right foot making a ½ turn to the right with the step
- 11 Step to the left on left foot
- 12 Cross right foot behind left and step

HIP SWAYS

- 13 Step to the left on left foot and sway hips to the left
- 14 Sway hips to the right
- 15 Sway hips to the left

WALTZ BASIC BACK

- 16 Stride back on right foot
- 17 Step left foot next to right
- 18 Step right foot next to left
- 19 Stride back on left foot
- 20 Step right foot next to left
- 21 Step left foot next to right

TURN, SIDE, CROSS, TURN, SIDE, CROSS

- 22 Step to the right on right foot making a ½ turn to the right with the step
- 23 Step to the left on left foot
- 24 Cross right foot behind left and step
- 25 Step to the left on left foot making a ½ turn to the left with the step
- 26 Step to the right on right foot
- 27 Cross left foot behind right and step

HIP SWAYS

- 28 Step to the right on right foot and sway hips to the right
- 29 Sway hips to the left
- 30 Sway hips to the right

TURN, WALTZ BACK

- 31 Stride forward on left foot making a ½ to the left with the step
- 32 Step right foot next to left
- 33 Step left foot next to right

- 34 Stride back on right foot
- 35 Step left foot next to right
- 36 Step right foot next to left
- 37-42 Repeat beats 31 through 36

TWINKLES

- 43 Turn body diagonally to the right, cross left foot over right and stride onto left foot
- 44 Turn body forward and step right foot next to left
- 45 Step left foot next to right
- 46 Turn body diagonally to the left and cross right foot over left and stride onto right foot
- 47 Turn body forward and step left foot next to right
- 48 Step right foot next to left

REPEAT
