

Caledonia

拍數: 0 牆數: 0 級數: Intermediate Phrased Waltz
編舞者: Nadia Friel (AUS) & Pauline Greenwood (AUS) - November 2007
音樂: Caledonia - Lisa Kelly



Sequence: AAB, short B, C, AA B, short B, C, AA, B, short B, CC, A

PART A

CROSS, BACK, CROSS, CROSS, BACK, CROSS

1-2-3 Cross right over left, rock weight back on left, recover forward on right
4-5-6 Cross left over right, rock weight back on right, recover forward on left

FORWARD, BACK, 1/2 TURN, FULL TURN WALTZ

1-2-3 Step right forward, rock weight back on left, turn 1/2 right and step right forward
4-5-6 Waltz forward turning a full turn right stepping left-right-left

FORWARD, 1/4 TURN, FORWARD, FORWARD, PIVOT 1/2 FORWARD

1-2-3 Step right forward, pivot 1/4 left changing weight to left, step right forward
4-5-6 Step left forward, pivot 1/2 right changing weight to right, step left forward

FORWARD, ROCK BACK, BACK RIGHT DIAGONAL, CROSS, BACK RIGHT DIAGONAL, SIDE

1-2-3 Step right forward, rock weight back onto left, step right back right diagonal
4-5-6 Step left across right, step right back to right diagonal, step left to left side)

CROSS, UNWIND

1-2-3 Cross right over left and unwind a full turn left over 2 counts (ending weight on left)

PART B

SIDE, ROCK, ACROSS, SIDE, ROCK, BEHIND

1-2-3 Step right to right side, rock weight to left side, step right across left
4-5-6 Step left to left side, rock weight to right, step left behind right

SIDE, ROCK, ACROSS, SIDE, ROCK, ACROSS

1-2-3 Step right to right side, rock weight to left side, step right across left
4-5-6 Step left to left side, rock weight to right, step left across in front of right

SIDE, 1/4 TURN, CROSS, SIDE, ROCK, TOGETHER

1-2-3 Step right side, turn 1/4 left and step to left to side, step right across left
4-5-6 Step left to side, rock weight to right, step left beside right

End of Short B

WALTZ TO LEFT DIAGONAL, WALTZ BACK TO RIGHT DIAGONAL

1-2-3 Step right forward to left diagonal, step left beside right, step right beside right
4-5-6 Step left back to right diagonal, step right beside left, step left beside right (weight on left)

PART C

CROSS WALTZ, CROSS WALTZ

1-2-3 Cross right, step left to side, step right to side

4-5-6 Cross left over right, step right to side, step left to side

FULL TURN WALTZ, FORWARD WALTZ

1-2-3 Step right forward, turn 1/2 right and step left back, turn 1/2 step right forward

4-5-6 Step left forward, step right beside left, step left beside right

WALTZ BACK, CROSS WALTZ

1-2-3 Step right back, step left beside right, step right beside left

4-5-6 Step left across right, step right to right side, step left to left side

CROSS WALTZ, 1/2 TURN WALTZ

1-2-3 Cross right over left, step left to side, step right to side

4-5-6 Step left forward, turn 1/2 left and step right beside, step left beside right

FINISH: Ending of Part A, unwind 3/4 left to the front
