

My Ramona's Waltz

COPPER KNOB
BY STEPHEN BRETZ

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Sebastiaan Holtland (NL) - July 2008
音樂: Don't Let Your Feet Slow You Down - Rodney Crowell : (CD: Keys To The Highway)



Step Step Step Right Balance Step ¼ Turn

1-2-3 Left foot step forward right foot step forward left foot step forward (facing 1:30)
4-5-6 Step right foot over left foot step left foot forward commence to turn the left complete ½ to the left right foot step to the right side weight on right foot (facing 6:00)

Step Step Rise Step Hold Step Back, ½ Turn Step ½ Sweep Turn Hold

1-2-3 Left foot step forward right foot step forward your rise body up hold
4&5-6 Right foot step back make ½ turn left left foot step forward right foot make ½ sweep turn to the left over the ground hold your right foot forward hold up count 6 (facing 6:00)

Step E Step Hold Step Hook Step Rise, Back ¼ Turn Chasse Side

1-2-3 Right foot step forward left foot step forward rise your body up hold
4-5&6 Left foot hook behind right foot make a ¼ turn to the right to (facing 9:00) right foot step to the right side left foot close next to right step right foot to right side weight on right foot (facing 9:00)

Step ¼ Turn ¾ Turn Run To Lunge, Pull Turn Pivots To Pendulum Step

1-2-3 Left foot step forward with a ¼ turn (facing 6:00) right foot step a ½ turn continued ¼ turn continued (facing 9:00)
4&5-6 Right foot step forward lunge forward hold right foot pulling from right toe twist turn rotating left foot over de ground keeping your left toe forward when you make a 1 ½ turn left (facing 3:00)

Back Step 2x // Side Step, Steps Forward

1-2-3 Left foot step back to (facing 9:00) right foot step back to (facing 9:00) left foot step to the left side weight on left foot
4-5-6 Right foot step forward left foot step forward right foot step forward (3:00)

Cross Fallaway Step, Reverse Contra

1-2&3 Left foot across right foot /right foot back left foot ¼ turning left 12:00 hook behind right foot left foot step back turning ¼ left weight back on right to facing 10:30
&4-5-6 Left foot step forward 9:00 step right foot back towards 6:00 step left foot back towards (6:00)

Step Reverse Contra ½ Turn Step Back, ½ Reverse Wave Zig Zag

1-2-3 Right foot step forward turning ½ left to facing 12:00 left foot back towards end (facing 1:30)
4&5-6 Left foot ½ turning right weight back on left step right foot back towards step left foot back towards

Left Balance Step, Cross Full Spin Turn

&1-2-3 Step left foot forward commence to turn the left complete ¼ turn to the left left foot step to the left side (facing 3:00)
4-5-6 Step right foot across left foot commence 1 1/8 spin turn on both feet to the left end (facing 4:30)

Repeat
