

Laredo Waltz

拍數: 60 牆數: 2 級數: Intermediate Waltz
編舞者: Theresa Needham (UK) - September 2008
音樂: Streets of Laredo (Instrumental) - Craig Duncan : (CD: Deep in the heart of Texas)
或: Bad Girl Blues - Carolyn Wonderland : (CD: Miss Understood)



Music 1: 16 count intro

Music 2: 12 count intro. Starts on the word Bad

FORWARD MAMBO, BACK, SIDE, CROSS

1 – 2 – 3 Rock forward on L, recover on R, step L beside R
4 – 5 – 6 Step back on R, step L to L side, cross R over L

BACK ¼ RIGHT TOGETHER, RUN X 3 DIAGONAL

1 – 2 – 3 Step back on L, ¼ turn R stepping R to R side, step L beside R
4 – 5 – 6 On ball of foot, run forward to R diagonal, R, L, R

ROCK RECOVER STEP BACK, CROSS, BACK, BACK

1 – 2 – 3 Still on diagonal, rock forward on L, recover onto R, step back on L
4 – 5 – 6 Cross R over L, Step back on L, step back on R

CROSS, BACK, ½ LEFT, RUN X 3 DIAGONAL

1 – 2 – 3 Cross L over R, step back on R, ½ turn L stepping L forward
4 – 5 – 6 On ball of foot, run to the R diagonal, R, L, R

ROCK RECOVER STEP BACK, CROSS, BACK, BACK

1 – 2 – 3 Still on diagonal rock forward on L, recover onto R, step back on L
4 – 5 – 6 Cross R over L, step back on L, step back on R

CROSS, BACK, SIDE, CROSS, UNWIND ¾ L

1 – 2 – 3 Cross L over R, step back on R, step L to L side (to the 9-00 wall)
4 – 5 – 6 Cross R over L, unwind ¾ turn L over 2 counts (12-00)

BEHIND SIDE CROSS, ROCK RECOVER STEP FORWARD

1 – 2 – 3 Step L behind R, step R to R side, cross L over R
4 – 5 – 6 Rock R to R side, recover onto L, step forward on R

FULL TURN LEFT, BASIC WALTZ FORWARD

1 – 2 – 3 Step forward on L, making ½ turn L step back on R, making ½ turn L step forward on L
4 – 5 – 6 Step forward on R, step L beside R, step R in place

BASIC WALTZ BACK, ¼ TURN RIGHT, SWAY, SWAY

1 – 2 – 3 Step back on L, step R beside L, step L in place
4 – 5 – 6 Make ¼ turn R, stepping R to R side, sway L, sway R (3-00)

CROSS TWINKLE ¼ LEFT, CROSS TWINKLE ½ RIGHT

1 – 2 – 3 Cross L over R, step back on R making ¼ turn L, step L in place (12-00)
4 – 5 – 6 Cross R over L, step back on L making ¼ turn R, ¼ turn R stepping R to R side (6-00)