

Bedtime Waltz

拍數: 96 牆數: 2 級數: Intermediate
編舞者: Francien Sittrop (NL) - May 2009
音樂: Babyface (feat. Usher) - Bedtime : (Album: My Way)



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(1 – 12) Step Diag. Back , Hook, Step Fwd, Sweep , Cross, Side, Behind, Side & Drag

1 – 3 Step L Back little bit diagonally, Hook R in front of L
4 – 6 Step R fwd, Sweep L from back to front in 2 counts (12.00)
7 – 9 Step L across R, Step R to R side, Step L behind R
10-12 Step R to R side , Drag L in 2 counts next to R

(13-24) ¼ L with basic step, Step fwd, ½ Turn L with L sweep, Reverse Twinkles L , R (Travelling Backwards)

1 – 3 ¼ L with basic step L,R,L (9.00)
4 – 6 Step R fwd, ½ Turn L on ball of R and sweep L in 2 counts (3.00)
7 – 9 Reverse twinkle step L (travelling backwards)
10-12 Reverse twinkle step R (travelling backwards)

(25-36) Step back , Touch, Hold , Step back , Touch, Hold , ½ Turn L Basic steps x2

1 – 3 Step L back, Touch R to R side, Hold
4 – 6 Step R back, Touch L to L side, Hold
7 – 9 Step L fwd, ¼ Turn L step R to R side, ¼ Turn L step L next to R (9.00)
10-12 Step R back, ¼ Turn L step L to L side, ¼ Turn L step R next to L (3.00)

Option: count 7 -12 : Basic steps fwd x2

(37-48) Step L Fwd, Sweep ½ Turn L , Step R fwd, Sweep ½ Turn R, Push L, Recover , Walk back L ,R

1 – 3 Step L fwd and sweep with R ½ Turn L (9.00)
4 – 6 Step R fwd and sweep with L ½ Turn R (3.00)
7 – 9 Cross L fwd and Push in 3 counts and bend knees a little
10-12 Recover on R, Step L back, Step R back

(49-60) Step Back & Drag x2 , L & R Twinkle travelling fwd

1– 3 Step L back , Drag R to L over 2 counts
4 - 6 Step R fwd, Sweep L fwd in 2 counts
7 – 9 L Twinkle Fwd (3.00)
10-12 R Twinkle Fwd

(61-72) Cross, Sweep ¾ Turn R , Behind, Side, Cross, Step Side & Drag , Side basic steps

1 – 3 Cross L over R, ¾ Turn R with R Sweep in 2 counts (12.00)
4 – 6 Step R behind L, Step L to L side, Step R across L
7 – 9 Step L to L side , Drag R in 2 counts
10-12 Basic step to R side with R,L,R. (12.00)

(73-84) ¼ Turn R with basic steps x2, L Cross Rock , Recover, Side , R Cross Rock , Recover, Side

1 – 3 ¼ Turn R with Basic step to L side L,R,L (3.00)
4 – 6 ¼ Turn R with Basic Step to R side R,L,R (6.00)
7 – 9 Rock L across R, Recover on R, Step L to L side
10-12 Rock R across L, Recover on L , Step R to R side

(85-96) Step L Diag. R & Kick R , Coaster Step, Cross Over, Full Turn R, Behind , Side, Cross

1 – 3 Step L diagonally R fwd, Kick R fwd in 2 counts
4 – 6 Step R back, Step L next to R, Step R fwd

7 – 9 Cross L over R, Full Turn R with Sweep
10-12 Step R behind L, Step L to L side, Step R across L

Ending:

Dance last wall up to count 15 ¼ Turn L with Basic step), Then Cross R over L and make 1 ¼ Turn L to the front wall
