拍數： 0
銅數： 2
級數：Phrased Advanced Fast Waltz
編舞者：Merete Sevel（DK）－May 2009
音樂：Thinking Over－Dana Glover

## Sequence：A B A B A Tag B A B A <br> Dedicated to my sweet friend Ninna

Intro： 24 counts（starts on vocal）
Tag：On wall 3 after Part A－See below
Part A
（1－6）Back，side，together，forward，side，together
1－3 Step back on $R$ ，step $L$ to $L$ side，step $R$ next to $L$ 12：00
4－6 Step fw on $L$ ，step $R$ to $R$ side，step $L$ next to $R$
7－12 1／4 L，side，together，1／4 L，side，together
1－3 Step $R$ back making 1／4 turn $L$ ，step $L$ to $L$ side，step $R$ next to $L$ 9：00
4－6 Step $L$ fw making 1／4 turn $L$ ，step $R$ to $R$ side，step $L$ next to $R$ 6：00
（13－18） $1 / 4 \mathrm{~L}$ ，side，together， $1 / 4 \mathrm{~L}$ ，side，together
1－3 Step $R$ back making 1／4 turn $L$ ，step $L$ to $L$ side，step $R$ next to $L$ 3：00
4－6 Step $L$ fw making 1／4 turn $L$ ，step $R$ to $R$ side，step $L$ next to $R$ 12：00
（19－24）Forward，side together，back，side，together
1－3 Step fw on $R$ ，step $L$ to $L$ side，step $R$ next to $L$
4－6 Step back on $L$ ，step $R$ to $R$ side，step $L$ next to $R$
（25－30） $1 / 4 R$ ，side，together， $1 / 4 R$ ，side，together
1－3 Step $R$ fw making 1／4 turn $R$ ，step $L$ to $L$ side，step $R$ next to $L$ 3：00
4－6 Step $L$ back making 1／4 turn $R$ ，step $R$ to $R$ side，step $L$ next to $R$ 6：00
（31－36）1／4 R，side，together， $1 / 4 R$ ，side，together
1－3 Step $R$ fw making 1／4 turn $R$ ，step $L$ to $L$ side，step $R$ next to $L$ 9：00
4－6 Step $L$ back making 1／4 turn $R$ ，step $R$ to $R$ side，step $L$ next to $R$ 12：00
（37－42）Forward，sweep；forward，sweep
1－3 Step R fw，sweep $L$ around from back to front over 2 counts
4－6 Step $L$ fw，sweep $R$ around from back to front over 2 counts
（43－48）Cross，back，side，cross，back，side
1 － 3 Cross $R$ over $L$（facing 10：30），step $L$ back，step $R$ to $R$ side squaring up to 12 o＇clock
4－6 Cross $L$ over $R$（facing 1：30），step $R$ back，step $L$ to $L$ side squaring up to 12 o＇clock
（49－54）Forward，sweep；cross，unwind full turn with sweep
1－3 Step $R$ fw，sweep $L$ around from side to front（2－3）
4－6 Cross $L$ in front of $R$ ，unwind one full turn $R$ sweeping $R$ around（5－6）
（55－60）Sailor step，behind，side，cross
1－3 Cross $R$ behind $L$ ，step $L$ to $L$ side（small step），step $R$ to $R$ side（small step）
4－6 Cross $L$ behind $R$ ，step $R$ to $R$ side，cross $L$ over $R$ to the diagonal 1：30
（61－66）Forward，soft lift；back， $2 \times 1 / 4 R$
1 － $3 \quad$ Step $R f w$ ，make one low soft lift with $L$（2－3）
4－6 Step L back，step R 1／4 turn R，step L fw making 1／4 turn R 7：30
（67－72）Forward，soft lift；back basic
1－3 Step $R$ fw，make one low soft lift with $L$（2－3）
4－6 Step $L$ back，step $R$ next to $L$ ，step $L$ in place squaring up to 6 o＇clock 6：00
（73－78）Cross，point，hold，cross， $1 / 2$ twinkle turn $L$
1－3 Cross $R$ over $L$ ，point $L$ to $L$ side，hold
4－6 Cross $L$ over R，step $R$ back making 1／4 turn $L$ ，step $L$ to $L$ side making 1／4 turn $L$ 12：00
（79－84）Cross，point，hold，cross， $1 / 2$ twinkle turn $L$
1－3 Cross $R$ over $L$ ，point $L$ to $L$ side，hold

4-6 Cross $L$ over $R$, step $R$ back making 1/4 turn $L$, step $L$ to $L$ side making 1/4 turn $L$ 6:00
(85-90) Cross rock, $2 \times$ hold, recover, drag
1-3 Cross rock $R$ over $L$, hold, hold
4-6 Recover back on $L$, drag $R$ towards $L$ over two counts (5-6) 6:00
(91 - 96) Forward, sweep 1/4 R; forward, sweep 3/8 L
1-3 Step $R$ fw 1/4 turn $R$, sweep $L$ around (2-3) 9:00
4-6 Step $L f w$, sweep $R$ around making 3/8 turn $L(5-6)$ 4:30
(97-102) Forward, sweep 1/8 R; sway L
1-3 Step $R$ fw, sweep $L$ around from back to $L$ side making 1/8 turn $R(2-3)$ 6:00
4-6 Step $L$ to $L$ side swaying $L$
(103 - 108) Sway R; sway L
1-3 Put weight on $R$ swaying $R$
4-6 Put weight on $L$ swaying $L$ (prep. for the $R$ full turn)
Part B
(1-6) 1/4 turn R, Chainé spin $3 / 4 \mathrm{R}$; $1 / 4$ turn $R$, Chainé spin $3 / 4 R$
1-3 Step fw 1/4 turn $R$ on $R$, spin $3 / 4$ turn $R$ on $R$, step $L$ next to $R$ 6:00
4-6 Step fw 1/4 turn $R$ on $R$, spin 3/4 turn $R$ on $R$, step $L$ next to $R$ 6:00
(7-12) $1 / 4$ turn $R$, soft lift; back basic
1 - $3 \quad$ Step $R$ fw 1/4 turn $R$, make one low soft lift with $L$ across $R(2-3)$ 9:00
4-6 Step $L$ diagonally back, step $R$ next to $L$, step $L$ in place
(13 - 18) Forward, soft lift; back basic
1-3 Step $R$ fw, make one low soft lift with $L$ across $R(2-3)$
4-6 Step $L$ diagonally back, step $R$ next to $L$, step $L$ in place
(19-24) 1/4 L back basic, 1/4 L forward basic
1-3 Step $R$ back making 1/4 turn $L$, step $L$ next to $R$, step $R$ in place 6:00
4-6 Step $L$ fw making 1/4 turn $L$, step $R$ next to $L$, step $L$ in place 3:00
(25-30) Forward, forward, 3/4 spiral R, forward, forward, 3/4 spiral $R$
$1-3 \quad$ Step $R$ diagonally fw (facing 4:30), step $L$ fw, make a spiral turn 3/4 turn $R$ 1:30
4-6 Step $R$ fw (facing 1:30), step $L$ fw, make a spiral turn 3/4 turn R 10:30
(31 - 36) Forward, forward, 3/4 spiral R, forward, forward, 3/4 spiral R
1 - $3 \quad$ Step $R$ fw (facing 10:30), step $L$ fw, make a spiral turn $3 / 4$ turn $R 7: 30$
$4-6 \quad$ Step $R$ fw (facing 7:30), step L fw, make a spiral turn 3/4 turn R 4:30
Counts 25-36 will create a box
(37-42) Side, hold $x 2,1 / 4 L, 1 / 2 L, 1 / 4$ ball turn $L$
1-3 Step $R$ to $R$ side squaring up to 6 o'clock, hold for 2 counts prep. for full turn $L$ 6:00
4-6 Step $L$ fw 1/4 turn $L$, step $R$ back 1/2 turn $L$, on ball of $R$ turn 1/4 turn $L$ 6:00
(43-48) Side, hold $\times 2,1 / 4 R, 1 / 2 R, 1 / 4$ ball turn $R$
1-3 Step $L$ to $L$ side, hold for 2 counts prep. for full turn $R$
4-6 Step $R$ fw 1/4 turn $R$, step $L$ back 1/2 turn $R$, on ball of $L$ turn 1/4 turn $R$ 6:00

TAG Tag occurs only once after you have danced A for the third time (facing 6 o'clock)
\& (Weight is on L) Step R next to L 6:00
1-3 Step $L$ to $L$ side swaying $L$
4-6 Put weight on $R$ swaying $R$
7-9 Put weight on $L$ swaying $L$ (prep. for the $R$ full turn)
It looks hard but it really isn't - the Music is beautiful and will help you.
Enjoy!
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