

Ninna's Waltz

COPPERKNOB
STEPSHEETS

拍數: 0
編舞者: Merete Sevel (DK) - May 2009
音樂: Thinking Over - Dana Glover

牆數: 2

級數: Phrased Advanced Fast Waltz



Sequence: A B A B A Tag B A B A
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 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 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 x 1/4 R

1 – 3 Step R fw, 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 x 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 fw, 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 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 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 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 Step R fw (facing 10:30), step L fw, make a spiral turn 3/4 turn R 7:30
 4 – 6 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 x 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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