# Nona's Waltz



拍數: 24 編數: 2 級數: Beginner

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音樂: Polo Nona

或: any song with a waltz rhythm



# NO TAG, NO RESTART

#### SIDE LONG STEP, STEP AND KICK

1-2-3 Step R to right side( with long step), bring L slightly towards R, kick L forward diagonally right
4-5-6 Step L to left side (with long step), bring R slightly towards L, kick R forward diagonally left

## STEP FWD, SIDE STEPS, BACK STEP, TOUCHES

1-2-3 Step R forward, bring L slightly towards R then step to left side, step R beside L

4-5-6 Step back on L, touch R toe beside L, touch R toe out to right side

#### CROSS SHUFFLE, SIDE STEP, ROCK, RECOVER

1-2-3 Cross R over L, step L to left side, cross R behind L4-5-6 Step L to left side, cross/rock R over L, recover on L

# TRAVELING FULL TURN, CROSS/ROCK, RECOVER, ½ TURN

1-2-3 ¼ turn right stepping R forward, make another ¼ turn right step L to left side, ½ turn right

step R to right side

4-5-6 Cross/rock L over R, recover on R, make ¼ turn left stepping L forward

### REPEAT AND ENJOY YOUR DANCE !!!

<sup>\*</sup> to start the new wall: make another ¼ turn left as you start the first count by stepping R to right side (with long step)