

Pat's Waltz

拍數: 48 牆數: 4 級數: Improver / Intermediate
編舞者: Pat Stott (UK) - June 2010
音樂: Their Hearts Are Dancing - The Forester Sisters : (CD: I Got A Date)



Forward basic, back basic

1,2,3□ Forward on left, step right next to left, step in place of left
4,5,6 □ Back on right, step left next to right, step in place on right

Twinkle x 2

1,2,3□ Cross left over right, right to right, left in place
4,5,6□ Cross right over left, left to left, right in place

Cross, recover, side, cross, recover, side

1,2,3□ Cross left over right bending knees slightly, recover onto right, left to left
4,5,6□ Cross right over left bending knees slightly, recover onto left, right to right

Cross, ¼ turn left, ¼ turn left, cross, recover, side

1,2,3□ Cross left over right, turn ¼ left step back on right, turn ¼ left step left to left
4,5,6□ Cross right over left bending knees slightly, recover onto left, right to right

Cross, reverse rolling vine, large step to right, slide left towards right

1,2,3□ Cross left over right, turn ¼ left stepping back on right, turn ½ left stepping forward on left
4,5,6□ Turn ¼ to left stepping large step on right to right, slide left towards right over 2 beats
(Alternative steps to the reverse rolling vine – weave to right – front, side, behind, side)

Side, rock back, recover, side, rock back, recover

1,2,3□ Step left to left, rock back onto right behind left, recover forward onto left
4,5,8□ Step right to right, rock back onto left behind right, recover forward onto right

¼ turn left, point, hold, ½ turn right, point, hold

1,2,3□ Turn ¼ left stepping forward onto left, point right to right, hold
4,5,6□ Turn ½ right stepping back on right, point left to left, hold

Twinkle, cross, spiral ½ turn right

1,2,3□ Cross left over right, right to right, left in place
4,5,6□ Cross right over left, close left to right turning ½ right on balls of feet, right to right side

Tag

End of wall 3 (facing 9 o'clock)

Dance first 3 sections (steps 1 – 18,) then restart from the beginning

End of dance:

Dance the first 5 sections (end facing front wall) and pose!