

# Slow Waltzing

拍數: 48                      牆數: 4                      級數: Intermediate  
編舞者: Terry Mchugh (UK) - July 2010  
音樂: Slow Dance - Michael Peterson



Alternative music: Cheaters Waltz by Johnny Duncan.  
OR: Their hearts are Dancing by Forester Sisters.

Intro, 24 Counts, ( start on vocals.)

**Two steps fwd, pivot 1/2 turn, step back on left, long step back on right, drag left to right**

1-2-3                      step fwd on left, step fwd on right and pivot 1/2 turn right, step back on left  
4-5-6                      long step back on right, drag left toe in front of right on two counts

**Twinkles fwd x2**

1-2-3                      cross left over right, step right to right side, step left in place,  
4-5-6                      cross right over left, step left to left side, step right in place,

**Step fwd on left with 1/4 turn left, point right toe to side and hold,weave left.**

1-2-3                      step fwd on left with 1/4 turn left, point right toe to right side and hold,  
4-5-6                      cross right over left, step left to left side, cross right behind left,

**Step left to left side and sway left, right, left, fwd lung on right.**

1-2-3                      step and sway left to left side, sway right, sway left,  
4-5-6                      lunge fwd on right, recover on left, step right beside left,

**Cross left over right, pivot 1/4 left, standard waltz step back.**

1-2-3                      cross left over right and pivot 1/4 turn left, step right beside left, step left in place ( weight on left )  
4-5-6                      step back on right, step left beside right, step right in place ( weight on right )

**Step fwd on left with 1/4 turn left, step right beside left, step left in place, standard waltz step back.**

1-2-3                      step fwd on left with 1/4 turn left, step right beside left, step left in place ( weight on left )  
4-5-6                      step back on right, step left beside right, step right in place,

**Step fwd on left, with foot angled out,step fwd on right toe and hold,angle right foot out,step fwd on left toe and hold**

1-2-3                      step fwd on left and angle foot left diagonally out step fwd on right toe and hold, )  
4-5-6                      step right in place and angle foot diagonally out step fwd on left toe and hold, ) for better styling, slightly angle body on toe steps fwd,

**Sailor steps x2. travelling back**

1-2-3                      cross left behind right, step right to right side, step left in place,( travelling back )  
4-5-6                      cross right behind left, step left to left side, step right in place ( travelling back )

Choreographers note: at the end of section three on wall six, (facing 12'oclock and 2.40 mins into dance), the music slows for approx 15 seconds.

Start dance again on word "YOU"; or fade music and finish dance as music slows