

# The Waltz of Spirit

拍數: 48      牆數: 2      級數: Improver (rise & fall)  
編舞者: Sebastiaan Holtland (NL) - July 2011  
音樂: It Is You (I Have Loved) - Dana Glover : (OST Shrek 2001)



Start on the words "There Is Something (20 Sec)

## Sec 1: Fwd, 1/2 Turn L, Back, Back, Coaster Step

1-3      Step Lf forward, turn 1/2 left (6) step Rf back, step Lf back weight onto Lf  
4-6      Step Rf back, step Lf next to Rf, step Rf forward (6:00) (coaster step)

## Sec 2: Fallaway Reverse Slip Pivot, 1/2 Turn L, Fwd, 1/4 Pivot L

1-2&3      Step Lf diagonal forward over heel, step Rf to the right, hook Lf behind Rf, Step Rf back weight onto Rf (1/2 left) (12:00) (Fallaway Reverse Slip Pivot)  
4-6      Turn 1/2 left (6) step Lf forward, step Rf forward, turn 1/4 left (3) take weight onto Lf

## Sec 3: Syncopated Cross Vine L, Cross, Hold, Full Sweep Turn L

1-2&3      Cross Rf over Lf, step Lf to the left, step Rf behind Lf, step Lf to the left (3)  
4-6      Cross Rf over Lf weight onto both feet, Hold, turn full left sweep Lf from front to back (3:00)

## Sec 4: Back Twinkle L, Back Twinkle R

1-3      Step Lf behind Rf, step Rf slightly diagonal forward, step Lf slightly to the left (3:00)  
4-6      Step Rf behind Lf, step Lf slightly diagonal forward, step Rf slightly to the right (3)

## Sec 5: Behind, 1/4 Turn R, Fwd, Fwd, 1/2 Slow Pivot L, (weight change)

1-3      Step Lf behind Rf, turn 1/4 right (6) step Rf forward, step Lf forward weight onto Lf  
4-6      Step Rf forward, turn slow 1/2 left (12), take weight onto Rf

## Sec 6: Twinkle L 1/4 Turn L, Twinkle R

1-3      Turn 1/4 left (9) cross Lf diagonal over Rf, step Rf slightly to the right, step Lf slightly to the left  
4-6      Cross Rf diagonal over Lf, step Lf slightly to the left, step Rf slightly to the right (9:00)

## Sec 7: Cross Vine R, 1/4 Turn R, Fwd, Hold, 1/4 Sweep Turn R

1-3      Cross Lf over Rf, step Rf to the right, step Lf behind Rf weight onto Lf (9)  
4-6      Turn 1/4 right (12) step Rf forward, Hold, sweep Lf 1/4 to the right (3) from back to front

## Sec 8: Cross, 1/4 Turn L, Back, 1/2 Turn L, Side, Cross, unwind 1 1/4 L, (weight change)

1-3      Cross Lf over Rf, turn 1/4 left (12) step Rf back, turn 1/2 left (9) step Lf to the left weight onto Lf  
4-6      Cross Rf over Lf weight onto both feet, unwind 1 1/4 left (6) in 2 counts take weight onto Rf

Start Again, Enjoy! Email: [smoothdancer79@hotmail.com](mailto:smoothdancer79@hotmail.com)