

Waltz At One

COPPER KNOB
BY STEPHEN METZ

拍數: 24 牆數: 2 級數: Absolute Beginner
編舞者: Linda Nyholm (CAN) - May 2012
音樂: Almost any waltz, best with a 24 count waltz



This is a great intro waltz for beginners—and a long-time fav with my class

[1-6] Twinkle left and right

1-2-3 Step left across right, right next to left, left next to right
4-5-6 Step right across left, left next to right, right next to left

[7-12] Forward and back basic waltz

7-8-9 Step fwd on left, right next to left, left next to right
10-11-12 Step back on right, left next to right, right next to left

[13-18] Forward ¼ basic, back basic

13-14-15 Step left fwd, turning ¼ to left, right next to left, left next to right
16-17-18 Step back on right, left next to right, right next to left

[19-24] Forward ¼ basic, back basic

19-20-21 Step left fwd, turning ¼ to left, right next to left, left next to right
22-23-24 Step back on right, left next to right, right next to left

Repeat

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