

Anita's Waltz

拍數: 60 牆數: 2 級數: Advanced
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音樂: The Angels Cried - Alan Jackson & Alison Krauss



FULL TURN RONDE, LEFT CHECK

- 1 RF step forward
- 2 Start Full turn over right shoulder Sweep LF from front to back
- 3 End Full turn LF crossed over RF
- 4 LF cross over RF
- 5 RF Recover weight
- 6 LF step back

TWINKLE BACKWARDS. 1 ½ TURN LOCKED ENDED

- 1 RF step diagonal backwards
- 2 LF step next to RF
- 3 RF step diagonal backwards
- 4 LF step back
- 5 RF step ½ turn right
- & LF step ½ turn right
- 6 ½ turn both feet weight ending on LF (6.00)

SWEEP, BACKWARD LUNGE

- 1-3 RF sweep from front to back
- 4-6 RF step behind LF (7.30) pose

TWINKLE 3/8 TURN, FULL HEELTURN

- 1 LF step diagonal forward
- 2 RF step next to LF
- 3 LF step 3/8 turn left (3.00)
- 4 RF step forward
- 5 LF next to RF full heeltturn over left shoulder
- & RF step forward
- 6 LF step forward

FORWARD CHECK, GRAPEVINE

- 1 RF cross over LF
- 2 LF recover weight
- 3 RF step to right side
- 4 LF cross over RF
- 5 RF step to right side
- 6 LF cross behind RF

SIDE STEP, DRAG

- 1 RF step to right side
- 2-3 LF drag next to RF
- 4 LF step to left side
- 5-6 RF drag next to LF

CROSS, FULL TURN, STEP 1 ½ TURN

- 1 RF cross over LF
- 2-3 Full turn over left shoulder

- 4 LF step $\frac{1}{4}$ to left side
- 5-6 Full $1\frac{1}{4}$ turn over left shoulder (9.00)

TWINKLE, BASIC FORWARD

- 1 RF step diagonal forward
- 2 LF step next to RF
- 3 RF step diagonal forward
- 4 LF step forward towards 3.00
- 5 RF step next to LF
- 6 LF step back

CROSS BEHIND $1\frac{3}{4}$ TURN GRAPEVINE

- 1 RF lock behind LF
- 2-3 Full turn over right shoulder (3.00)
- 4 RF cross over LF
- 5 LF step to left side
- & RF cross over LF
- 6 LF step to left side

KNEE BEND, POINT, RECOVER FULL TURN

- 1 LF bend knee
- 2-3 start lowering whilst pointing RF to right side
- 4 LF stretch left leg
- 5-6 Full turn right weight on left leg(6.00)

Bridge after 2nd wall - 24 counts

FORWARD, ROCKSTEP

- 1 RF step forward
- 2 LF step forward
- & RF lock behind LF
- 3 LF step forward
- 4 RF rock forward
- 5 LF recover
- 6 RF cross behind LF

$\frac{5}{8}$ TURN, BASIC SIDE STEP

- 1 $\frac{5}{8}$ turn over right shoulder(7.30)
- 2 RF step forward
- 3 LF step forward
- 4 RF step backwards
- 5 LF step $\frac{1}{8}$ to left (6.00)
- 6 RF step forward

FORWARD CHECK, DRAG

- 1 LF cross over RF
- 2-3 Pose
- 4-6 Drag RF behind LF Whilst doing this rise up

TWINKLE BACKWARDS, $1\frac{1}{2}$ RONDE

- 1 RF step diagonal backwards
- 2 LF step next to RF
- 3 RF step diagonal backwards
- 4 LF $\frac{1}{2}$ turn step back over left(12.00)
- 5-6 Start Ronde 1 turn (12.00)

