

# A Waltz For All Seasons

**COPPER** **KNOB**  
BY STEPHEN METZ

拍數: 24                      牆數: 4                      級數: Ultra Beginner - waltz  
編舞者: Linda Nyholm (CAN) - September 2012  
音樂: My Heart Is a Diamond - Claire Lynch



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This waltz is for all the ladies at Seasons Retirement Home—what a great group!!

**[1-6] Left twinkle, right weave**

1-2-3                      Cross left over right, step right behind, , step left beside right  
4-5-6                      Cross right over left, step left to side, cross right behind left

**[7-12] Waltz forward, ¼ left, waltz back**

7-8-9                      Step left forward ¼ to left, step right beside, left beside right  
10-11-12                      Step right back, step left beside right, right beside left

**[13-18] Left twinkle ¼ left, right weave**

13-14-15                      Cross left over right, step right behind, turning ¼ left, step left beside right  
16-17-18                      Cross right over left, step left to side, cross right behind left

**[19-24] Waltz forward, waltz back ¼ left with hold**

19-20-21                      Step left forward, right beside left, left beside right  
22-23-24                      Step right back, turning ¼ to left point left to side, hold

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