

Sunflower Waltz

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Phrased Improver
編舞者: Christine Wilde - July 2014
音樂: Sunflower (向日葵) - Teresa Teng (鄧麗君) : (Album: Lovers In Heaven)



Intro: 24 Counts (on lyrics) - Sequence: AAAAB, AAAAB, End

A - 24 Counts

Twinkles

1-3 Cross left over right, step right to right side, step left next to right
4-6 Cross right over left, step left to left side, step right next to left

Waltz Box Forward

1-3 Step left forward, step right to right side, step left next to right
4-6 Step right back, step left to left side, step right next to left

Cross Rock, Recover, Side, Cross Rock, Recover, Side

1-3 Cross left over right, recover left, step left to left side
4-6 Cross right over left, recover left, step right to right side

Waltz Box 1/4 L

1-3 Turn left 1/4 left, step right to right side, step left next to right
4-6 Step right back, step left to left side, step right next to left

B- 24 Counts

Full Turn Waltz Boxes

1-3 Turn left forward 1/4 left, step right to right side, step left next to right (9:00)
4-6 Turn right back 1/4 left, step left to left side, step right next to left (6:00)
1-3 Turn left forward 1/4 left, step right to right side, step left next to right (3:00)
4-6 Turn right back 1/4 left, step left to left side, step right next to left (12:00)

Waltz Box Forward

1-3 Step left forward, step right to right side, step left next to right
4-6 Step right back, step left to left side, step right next to left

Step Forward, Point & Hold, Step Back, Point & Hold

1-3 Step left forward, point right to right side & hold
4-6 Step right back, point left to left side and hold

End: □ Repeat the 1st 12 Counts of Part A plus Balances Forward and Back

1-3 Step left forward, step right next to left, step left next to right
4-6 Step right back, step left next to right, step right next to left

Step Forward, Point & Hold, Step Back, Point & Hold, Step Forward, Point & Hold

1-3 Step left forward, point right to right side and hold
4-6 Step right back, point left to left side and hold
1-3 Step Left forward, point right to right side and Hold till music fades

Contact: Christine Wilde e-mail: cmrwilde@bell.net