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| Paper Plate Waltz |  |

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| **Count:** | 48 | **Wall:** | 2 | **Level:** | Easy Intermediate | . |
| **Choreographer:** | Sandy Kerrigan (AUS) - July 2014 |
| **Music:** | Seasons of Love - Heartbeat : (Album: Once In A Life Time - iTunes) |
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**Dance starts: On Lyrics: wt on R - Version 1:00 – [BPM: 105] Track Length 3:30**

**Step Side, Back Cross, Step Side, Drag, Together 12:00**

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| 1 2 3 | Step L to L, Step/Cross R behind L, Cross L over R |

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| 4 5 6 | Step R to R (wide step) Drag L to R, Step L next to R (wt on L) |

**Weave with ¼ L, ½ Pivot Turn L 3:00**

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| 1 2 3 | Cross R over L, Step L to L, Cross R behind L |

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| 4 5 6 | Turn ¼ L-Step Fwd L, Step Fwd R, ½ Pivot Turn L (wt on L) |

**Step Fwd, ½ R Step Back, ¼ R to Side, Step Side, Drag, Turn ¼ Hook 3:00**

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| 1 2 3 | Step Fwd R, Turning ½ R-Step Back on L, ¼ R-Step R to R |

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| 4 5 6 | Push Step L to L Side, Drag R to meet L,\*\* Turn ¼ R-Hook R over L (use L foot to turn ¼) |

**RESTART HERE WALL 5:(facing 12:00 wall-No Hook, Drag R to meet L-Step R next to L)**

**Lock Fwd, ½ Pivot Turn, Step Fwd 9:00**

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| 1 2 3 | Step Fwd R, Lock L behind R, Step Fwd on R |

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| 4 5 6 | Step Fwd L, ½ Pivot Turn R (wt on R,) Step Fwd L |

**Step Fwd, ½ R Back, Step Together, Step Fwd, Together, Together (Basic) 3:00**

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| 1 2 3 | Step Fwd R, Turning ½ R-Step Back on L, Step R next to L |

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| 4 5 6 | Step Fwd L, Step R next to L, Step L next to R |

**Step Back, Drag, Hook,3 Step Circular walk around with 3/8th Turn L (Front L45°)**

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| 1 2 3 | Long Step back on R, Drag L to R, Hook L over R |

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| 4 5 6 3 | Step Circular Walk around to face front L45°-Walk L, R, L (L slightly to cross over R) |

**Step Back R, Brush L to R, Step Fwd L, ½ Pivot Turn L, Step Fwd (Back L45°)**

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| 1 2 3 | Step Back R (lifting R Heel) Brush L next to R, Step Fwd L (front L45°) |

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| 4 5 6 | Step Fwd R, ½ Pivot Turn L (wt on L,) Step Fwd R |

**Fwd Rock Step, Step Back, Back Rock Step, Step Fwd (Back L45°)**

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| 1 2 3 | Rock Fwd L, Replace Back to R, Step Back L |

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| 4 5 6 | Rock back R, Replace Back to L, Step Fwd R |

**[48] To start the dance again, Step L to L Side – Turning R to 6:00 wall.**

**Note: This dance was mostly choreographed in my coffee break at work,**

**Whilst listening to the song on facebook, all I could find to write**

**My notes on was a white paper plate..Hence the name.**

**Thank you to HeartBeat Duo for the amazing song, and friendship.**

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**Last Update - 20th July 2014**