Windy City Waltz (愛的華爾滋) (zh)

Count: 96 **Wall:** 2 **Level:** High Intermediate - Viennese waltz

Choreographer: Simon Ward (AUS), Ria Vos (NL) & Darren Bailey (UK) - 2012年10月

Music: I Love You - Faith Hill : (Album: Faith - iTunes)

Dance starts 48 counts into track, approx 17secs
48拍(約17秒)後起跳

第一段□Left forward basic ½ turn L, Right back basic ½ turn L

1-3 Large step left forward, Step in place right, left while making a ½ turn left 6.00
左足前一大步, 右足踏, 左轉180度左足踏(面向6點鐘)

4-6 Large step right back, Step in place left, right while making a ½ turn left 12.00
右足後一大步, 左足踏, 左轉180度右足踏(面向12點鐘)

第二段□Rock L fwd, hold, hold, Rock R back, hold, hold

1-3 Rock/step left forward, Hold, Hold
左足前下沉, 候, 候

4-6 Recover weight back on right (open right shoulder and turn body slightly right), Hold, Hold 12.00
右足回復(身體略右轉), 候, 候(面向12點鐘)

第三段□¼ L sweeping R, R twinkle

1-3 Step left forward making a ¼ turn left, Sweep right counter/clockwise for 2 counts 9.00
左轉90度左足前踏, 右足以2拍繞向前

4-6 Cross/step right over left, Rock/step left to left side, Recover weight onto right (twinkle styling)
右足於左足前交叉踏, 左足左下沉, 右足回復(華士步)

第四段□L Twinkle, Cross weave left

1-3 Cross/step left over right, Rock/step right to right side, Recover weight onto left (twinkle styling)
左足於右足前交叉踏, 右足右下沉, 左足回復(華士步)

4-6 Cross/step right over left, Step left to left side, Step right behind left 9.00
右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏(9點鐘)

第五段□Step L side, Drag R, Step R side, Drag L

1-3 Step left to left side, Drag right towards left for 2 counts
左足左踏, 右足以2拍拖併

4-6 Step right to right side, Drag left towards right for 2 counts 9.00
右足右踏, 左足以2拍拖併

第六段□Step on L turning ¾ turn L, Raise knee & Hold, Rock R fwd, Hold, Hold

1-3 Step left to left side turning ¼ turn left, Make a further ½ turn left raising right knee, Hold 12.00
左轉90度左足左踏, 左轉180度右膝抬, 候(面向12點鐘)

4-6 Rock/step right forward, Hold, Hold
右足前下沉, 候, 候

第七段□Rock L back sweeping right, Back R twinkle

1-3 Recover weight back on left sweeping right clockwise for 2 counts and behind left 12.00
左足回復, 右足以2拍繞至後(面向12點鐘)

4-6 Step right behind left, Rock/step left to left side, Recover weight onto right (twinkle style travelling back) 12.00
右足於左足後交叉踏, 左足左下沉, 右足回復(後華士步)(面向12點鐘)

第八段□Back L twinkle, Step R back dragging L

1-3 Step left behind right, Rock/step right to right side, Recover weight onto left (twinkle style travelling back)
左足於右足後交叉踏, 右足右下沉, 左足回復(後華士步)

4-6 Step right back dragging left towards right for 2 counts (open right shoulder and turn body slightly right) 12.00
右足後踏, 左足以2拍拖併(身體略轉向右) (面向12點鐘)

***** Restart on Wall 4 here facing back wall.*****
第四面牆跳至此, 面向後面牆, 從頭起跳

第九段□Step L fwd dragging R, Step R fwd dragging L

1-3 Stride/step left forward dragging right towards left for 2 counts (large step forward)
左足前一大步, 右足以2拍拖併

4-6 Stride/step right forward dragging left towards right for 2 counts (large step forward) 12.00
右足前一大步, 左足以2拍拖併(面向12點鐘)

第十段□Step L fwd dragging R, Cross/rock R, Recover L, Step R

1-3 Stride/step left forward dragging right towards left for 2 counts (large step forward)
左足前一大步, 右足以2拍拖併

4-6 Cross/rock right over left, Recover weight back on left, Step right slightly to right side 12.00
右足於左足前交叉下沉, 左足回復, 右足略右踏(面向12點鐘)

第十一段□Cross/step L, Spiral turn R, Rock R to R, Hold, Hold

1-3 Cross/step left over right, Spiral full turn right on left for 2 counts 12.00
左足於右足前交叉踏, 重心在左足以2拍右螺旋轉(面向12點鐘)

4-6 Rock/step right to right side, Hold, Hold 12.00
右足右下沉, 候, 候(面向12點鐘)

第十二段□½ turn L sweeping R, R twinkle fwd

1-3 Recover weight onto left turning ¼ turn left, Sweep right counter-clockwise making a ¼ turn left 6.00
左轉90度左足回復, 左轉90度右足以2拍繞至前(面向6點鐘)

4-6 Cross/step right over left, Rock/step left to left side, Recover weight onto right (twinkle style travelling forward)
右足於左足前交叉下沉, 左足左下沉, 右足回復(華士步)

第十三段□Cross/step L sweeping right, R twinkle fwd

1-3 Cross/step left over right and slightly forward, Sweep right counter-clockwise for 2 counts 6.00
左足於右足前交叉踏, 右足以2拍繞至前(面向6點鐘)

4-6 Cross/step right over left, Rock/step left to left side, Recover weight onto right (twinkle style travelling forward)
右足於左足前交叉下沉, 左足左下沉, 右足回復(華士步)

第十四段□Cross/step L sweeping R, Cross/step R, Raise L knee into position 4, Hold

1-3 Cross/step left over right and slightly forward, Sweep right counter-clockwise for 2 counts 6.00
左足於右足前交叉踏, 右足以2拍繞至前(面向6點鐘)

4-6 Cross/step right over left and slightly forward, Raise & bend left knee into position 4 next to right, Hold
右足於左足前交叉踏, 左膝靠右小腿呈數字4, 候

第十五段□L twinkle ¼ turn L, Cross/rock R, Hold, Hold

1-3 Cross/step left slightly over right, Step onto right making a ¼ turn left, Step left to left side 3.00
左足於右足前交叉踏, 左轉90度右足踏, 左足左踏(面向3點鐘)

4-6 Cross/rock right over left, Hold, Hold 3.00
右足於左足前交叉下沉, 候, 候(面向3點鐘)

第十六段□Rock L back sweeping right back into ¼ turn R, Rock R back, Hold, Hold

1-3 Recover weight onto left sweeping right back into ¼ turn right for 2 counts 6.00
左足回復, 右轉90度右足以2拍繞至後

4-6	Rock/step right back, Hold, Hold (open right shoulder up and turn body slightly right) 6.00 右足後踏, 候, 候(身體略轉向右)

Bridge Notes:On Wall 7 you will modify the dance to perform the bridge, this happens after count 36:
34-36 Rock/step right forward, Hold, Hold (facing back wall)
Then proceed with the bridge (hit the breaks of the music):
第七面牆跳至第34-36拍(右足前踏, 候, 候, 面向後面牆)時, 配合音樂節奏改跳下列舞步

37-39	Recover weight back on left, make 1/2 turn right & step right forward, step left forward
(Bridge 1-3)	左足後回復, 右轉180度右足前踏, 左足前踏
40-42	Point right toe to right, Hold, Hold
(Bridge 4-6)	右足趾右點, 候, 候
43-45	Hold, Stretch right arm forward, Stretch left arm forward
(Bridge 7-9)	候, 右手向前伸直, 左手向前伸直
46-48	Pull arms towards body slowly taking weight onto right
(Bridge 10-12)	雙手慢慢放下, 重心在在右腳

Continue dance from count 49 (Stride steps forward)
接續第49拍前一大步的動作

Styling Tips:
*** It might help using a 1&a2&a rolling count to assist with the timing**
可以試著以1&a2&a的方式去數拍
*** Really step out the first 6 counts, use the last count of the dance to prep and push off into the beginning**
整首舞曲的最後一拍候住準備推動一開始的6拍
*** Use your arms, feels great**
照感覺去自然舞動你的雙手
*** Emphasize all the drags**
每個拖併都是2拍完成
*** Travel on the twinkles**
都以華士步做前後移動
*** Big strides fwd on counts 49-57**
在第49-57拍要前跨大步
*** Let your body naturally turn while dancing**
讓身體隨著舞動自然轉動
*** Hit the breaks of the music in the bridge**
在Bridge時聽音樂節奏
*** Turn to the front wall on count 13 to end the dance**
最後跳到第13拍轉向前面牆結束舞曲