

Shy Waltz (靚腴華爾滋) (zh)

COPPER KNOB
STEPSHEETS

拍数: 24 墙数: 4 级数: Beginner
编舞者: Anne Hewitt (UK) - 2007年08月
音乐: The Last Waltz - Englebert Humperdink



前奏: 12 counts on lyrics 12拍後唱歌起跳

第一段 Lf BASIC FWD AND BACK 左足起跳基本前 & 後華爾滋步

123 Step Left Fwd, Right Tog, Left in Place
左足前踏, 右足併踏, 左足原地踏

456 Step Back on Rt, Lft Tog, RT In Place
右足後踏, 左足併踏, 右足原地踏

第二段 STEP, STEP PIVOT, WEAVE ACROSS SIDE BEHIND 踏, 踏轉, 藤步(交叉 側 後)

123 Step Fwd Lft, Step Fwd Rt, Pivot 1/4 Turn Lft (9.00)
左足前踏, 右足前踏, 左轉90度(9點鐘)

456 Step Rt across Lft, Step Lft to Lft Side, Step Rt Behind Lft
右足於左足前交叉踏, 左足左踏, 右足於左足後踏

第三段 STEP POINT HOLD, WALK ROUND RT,LFT,RT * (with styling option) 踏 點 候, 走步轉圈-右, 左, 右 (加手勢)

123 Step Lft to Lft Side body slightly angled to left, Point Rt Across Lft, Hold for one count
身體略向左轉左足左踏, 右足於左足前交叉點, 候

456 Walk Round 1/2 Turn Rt, Stepping Rt Lft Rt (3.00)
走步右轉180度-右, 左, 右(3點鐘)

第四段 LFT TWINKLE, RT TWINKLE 左交叉華爾滋, 右交叉華爾滋

123 Step Lft Across RT, Step Rt to Rt Side, Step Step in place with Lft 左足於右足前交叉踏, 右足右踏, 左足
原地踏

456 Step Rt Across Lft, Step Lft to Lft Side, Step Rt in place (3.00)
右足於左足前交叉踏, 左足左踏, 右足原地踏

Baby TAG REPEAT the LAST 6 counts of the dance (the twinkles) AFTER the 4th Wall you will be facing the front.

第四面牆向前面時, 加第四段6拍

*styling options third section hold both arms out to each side elbows slightly bent palms facing upwards until you finish the walk round)