Lydia's Waltz

拍数: 48   **墙数:** 1   **级数:** Beginner

编舞者: Cheryl Sjolund (USA) - November 2014

音乐: Somebody Loves You (That's Me) - Scooter Lee

Alt. music:-

"I Don't Want to Say Goodbye" Teddy Thompson

"Their Hearts are Dancing" The Forrester Sisters

"Christmas Wishes" Anne Murray

#12 Count Intro – Somebody Loves You (That's Me)

BASIC WALTZ FORWARD & BACK

1-2-3	Step left forward with left, step right together, step left together
4-5-6	Step right back, step left together, step right together

LEFT TWINKLE, RIGHT TWINKLE WITH TURN ¼ RIGHT

1-2-3	Cross left over, step right side, step left in place
4-5-6	Cross right over, step left back, turn ¼ right, step right side (3:00)

BASIC WALTZ FORWARD & BACK

1-2-3	Step left forward, step right together, step left together
4-5-6	Step right back, step left together, step right together

LEFT TWINKLE, RIGHT TWINKLE WITH TURN ½ RIGHT

1-2-3	Cross left over, step right side, step left in place
4-5-6	Cross right over, step left back, turn ½ right, step right side (9:00)

BASIC WALTZ FORWARD & BACK

1-2-3	Step left forward, step right together, step left together
4-5-6	Step right back, step left together, step right together

LEFT TWINKLE, RIGHT TWINKLE WITH TURN ¼ RIGHT

1-2-3	Cross left over, step right side, step left in place
4-5-6	Cross right over, step left back, turn ¼ right, step right side (12:00)

CROSS OVER WALTZ, CROSS OVER WALTZ

1-2-3	Cross left over, step/rock side right, step left side
4-5-6	Cross right over, step/rock side left, step right side

WEAVE RIGHT, STEP, DRAG LEFT FOOT, HOLD

1-3	Cross left over, step right side, cross left behind
4-6	Large step right with right, drag and touch left together, hold.

This dance reinforces basic beginner steps of the Waltz and also a slow progression of a full turn. (For L.I.L.) An inspiration to us all.

Last Update - 18th Nov 2014