

Waltz of the West (P)

COPPER KNOB
STEPPERS

拍数: 48 墙数: 2 级数: Improver Partner
编舞者: Rob Everett (USA) & Barbara Everett (USA) - 2019
音乐: West - Lucinda Williams



Alt. Music: Right Where I Want You (Alan Jackson) [93 bpm]; Captured (Rick Tippe) [99 bpm]; any slow waltz

NOTE: All instructions are given from the Lead's perspective. Follow steps are opposite except where noted. During the dance, partners will dance in three different holds/positions, i.e. closed hold (closed ballroom), open hold (two-hand open), and sweetheart position (sie-by-side with LH in LH and RH in RH at shoulder height).

No tags or restarts!

Starting Position: Closed hold with Lead facing 12:00 wall.

[1-6] WALTZ BALANCE FORWARD AND BACK

- 1-3 Step LF FWD (1), step RF beside LF (2), step LF in place (3)
- 4-6 Step RF back (4), step LF beside RF (5), step RF in place (6)

[7-12] WALTZ BALANCE FORWARD / WALTZ BALANCE BACK WITH ¼ TURN L

- 1-3 Step LF FWD (1), step RF beside LF (2), step on LF in place (3)
- 4-6 Turn ¼ L and step RF back (4), step LF beside RF (5), step RF in place (6)

[13-18] WALTZ BALANCE FORWARD / WALTZ BALANCE BACK WITH ¼ TURN L

- 1-3 Step LF FWD (1), step RF beside LF (2), step on LF in place (3)
- 4-6 Turn ¼ L and step RF back (4), step LF beside RF (5), step RF in place (6)

[19-24] WALTZ BALANCE FORWARD / WALTZ BALANCE BACK WITH SEPARATION TO TWO-HAND OPEN

- 1-3 Step LF FWD (1), step RF beside LF (2), step on LF in place (3)
- 4 Lead takes a big step back on LF (Follow takes a small step FWD on RF) and starts to slide both hands down Follow's arms (4)
- 5 Step RF beside LF and complete separation to two-hand open hold (5)
- 6 Step LF in place (end facing each other with RH/LH and LH/RH connection in front of each partner) (6)

NOTE: On count 6, it is helpful if the Lead looks left and extends left hand to the left to begin the side rocks; this makes it easier for the Follow to anticipate the side rock that is coming up next.

[25-30] STEP L, ROCK BEHIND, RECOVER / STEP R, ROCK BEHIND, RECOVER

- 1-3 Step LF to L (1), rock RF behind LF (2), recover on LF (3)
- 4-6 Step RF to R (4), rock LF behind RF (5), recover on RF (6)

[31-36] STEP L AND SWITCH HANDS, ROCK BEHIND, RECOVER / TURN FOLLOW ½ L TO SWEETHEART

- 1 Step LF to L and bring Follow's LH to Lead's LH at shoulder height and drop RH below LH and pick up Follow's RH (1)
- 2 Rock RF behind LF (move crossed-arms slightly to L of center with L arm on top) (2)
- 3 Recover on LF and maintain crossed-arms position with a slight check to L (contra body movement) (3)

LEAD STEPS:

- 4 Step RF to R and lead Follow to turn ½ L to sweetheart position (Lead's LH will move CCW over Follow's head) (4)
- 5 Slight rock behind on LF and continue lead to sweetheart position (5)

6 Recover on RF and settle into sweetheart position with Follow on R (6)

FOLLOW STEPS:

4 Turn ¼ L and step LF FWD (4)

5 Pivot ¼ on ball of LF and step RF beside LF (5)

6 Step LF in place (6)

NOTE: Sweetheart position is usually with weight on the same feet for partners (i.e. shadow step). However, in this dance, weight is on opposite feet.

[37-42] WALTZ BALANCE BACK / WALTZ STEP IN PLACE FOR LEAD AND ½ TURN L FOR FOLLOW

1-3 Step LF back (1), step RF beside LF (2), step LF in place (3)

LEAD STEPS:

4 Step RF in place and initiate ½ turn L for Follow (raise RH above Follow's head and circle CCW with RH)

5 Step LF in place and change hands to LH/RH hold while lowering arms to waist height (turn should be at least ¼ turned at this point)

6 Step RF in place with toe turned out to R and release RH and extend R arm to R (this completes the ½ turn for the Follow; be prepared to continue the rotation into the next section for an additional ¼ turn L) (6)

FOLLOW STEPS:

4 Step LF diagonal FWD L and turn ¼ L (RH will be raised above Follow's head and circled CCW) (4)

5 Step RF beside LF and expect Lead to change hand hold as R arm begins to be lowered (5)

6 Turn ¼ L and step on LF (end facing partner; R arm should now be at waist level with good connection) (6)

[43-48] CROSSOVER BREAK / OUTSIDE 1 TURN BACK TO CLOSED HOLD

1 Turn ¼ R on ball of RF and rock FWD on LF (punch Lead's LH and Follow's RH through the middle) (1)

2 Recover on RF (2)

3 Turn ¼ L and step LF to L (rotate Follow ¼ with LH; end facing with LF/RH patty cake with good connection) (3)

LEAD STEPS:

4 Step RF in place and initiate outside turn for Follow (4)

5 Step LF in place and circle LH CW above Follow's head (5)

6 Step RF in place and return to closed hold (6)

FOLLOW STEPS:

4 Pivot ¼ R on ball of RF and step LF FWD (as Lead initiates outside turn) (4)

5 Pivot ½ R on ball of LF and step FWD on RF (Lead will start lowering Follow's RH to shoulder height) (5)

6 Pivot ¼ turn R on ball of RF and step LF beside RF (Lead will reestablish closed hold) (6)

NOTE: it is important that the Lead does not "crowd" the Follow during the outside turn. This will avoid any chance of elbow to chest or head contact.

Start Over

Step sheet updated by Dick Rogers, wildwoodlabs@gmail.com, 25 Nov 2021.

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