

Spirit Waltz

COPPER KNOB
STEPPERS

拍数: 48 墙数: 2 级数: Intermediate waltz
编舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - April 2023
音乐: I Will Always Return (Finale) - Bryan Adams



Start your count from the high, heavy piano beat approx. 6 secs – 18 counts – start on vocals – approx. 16 sec – 2mins 46 secs – 96bpm

Available: Amazon

****Dedicated to the wild mustangs of the USA and to the film Spirit Wild Stallion Of The Cimarron and to my love of Skydog Sanctuary www.skydogranch.org**

One restart and a small easy bridge

[1-6] ½ L balance step, R back, ¼ L, L side, R cross over

- 1-3 Step L forward turning ¼ left, step R back turning ¼ left, step L back (6 o'clock)
- 4-6 Step R back, turning ¼ left step L side, cross step R over L (3 o'clock)

[7-12] L scissor, R side, cross L behind R, R side

- 1-3 Step L side, step R together, cross step L over R
- 4-6 Step R side, cross step L behind R, step R side

[13-18] Cross L, R side, ¼ L, L fwd, (extended 5th position) L full turn travelling fwd (or run R/L/R)

- 1-3 Cross step L over R, step R side, turning ¼ left step L forward (toes turned out in extended 5th) (12 o'clock)
- 4-6 Turning ½ left step R back, turning ½ left step L forward, step R forward (12 o'clock)

Non-turning option for counts 4-6: run forward R/L/R

[19-24] Press L fwd, recover on R, ½ L, L fwd (extended 5th position), L full turn travelling fwd (or run R/L/R)

- 1-3 Press L forward, recover weight on R, turning ½ left step L forward (toes turned out/extended 5th) (6 o'clock)
- 4-6 Turning ½ left step R back, turning ½ left step L forward, step R forward (6 o'clock)

Non-turning option for counts 4-6: run forward R/L/R

WALL 3 RESTART: During wall 3 dance 1st 24 counts and restart the dance from the beginning (facing back wall)

WALL 4 BRIDGE: During wall 4 dance 1st 24 counts and ADD 3 COUNT BRIDGE:

- 1-3 Press L forward, recover weight on R, lift L across R in figure 4. (Continue with the dance)

[25-30] Run Around: L/R/L turning ¾ L, Run Around: R/L/R turning ½ L (end facing diagonal at 7 o'clock)

- 1-3 Step L/R/L turning ¾ left to face front R diagonal (1 o'clock)
- 4-6 Step R/L/R turning ½ left to face back L diagonal (7 o'clock)

[31-36] L fwd balance step, ¼ L, R balance back (end facing next diagonal 5 o'clock)

- 1-3 Step L forward, step R together, step L together (7 o'clock)
- 4-6 Step R back, turning ¼ left step L side, step R together (5 o'clock)

[37-42] L fwd balance step turning ¼ L (ending facing next diagonal), ½ L, R balance back (end facing front wall 12 o'clock)

- 1-3 Turning ¼ left step L forward, step R together, step L together (1 o'clock)
- 4-6 Turning ½ left step R back, step L together, step R together (12 o'clock)

(The last 12 counts (31- 42) create a diamond shape on the floor as you travel from diagonal to diagonal)

BIG ENDING: The dance finishes on wall 5 count 42 as you do the last part of the diamond travelling backwards add the following: Cross L over R and bring both arms up to strike a pose!

[43-48] ½ L balance step, R balance back

- 1-3 Step L forward (extended 5th position) turning ¼ left, step R back turning ¼ left, step L back (6 o'clock)
- 4-6 Step R back, step L together, step R together
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