

Black & White Waltz

COPPER KNOB
STEPSHEETS

拍数: 72 墙数: 2 级数: Intermediate - waltz
编舞者: Mark Simpkin (AUS) - February 2025
音乐: Black & White (feat. Muni Long) - Teddy Swims



No Tags or restarts

S1. L fwd, R to side R, Tog, R back, 1/4 L sweeping L, Hold

1 2 3 L forward, R to R side, L beside R
4 5 6 R back, Turn 1/4 L as you sweep L to side over two counts (9.00)

S2. Weave- L behind, R side, Cross L over R, R side, Recover, Cross

1 2 3 Step L behind R, R to R side, Cross L over R
4 5 6 R side, Drag L beside R, Cross R over L

S3. 1/4 L on L, Full turn L, R fwd, Drag, Touch

1 2 3 Turn 1/4 L on L, Full turn over L – 1/2 L stepping back on R, 1/2 L stepping L forward (6.00)
4 5 6 Step R forward, Drag L to R, Touch L beside R

S4. L Back Lock, R Back Coaster

1 2 3 Step L back, Cross R over L, L back
4 5 6 Step R back, Step L beside R, R forward

S5. L fwd, R fwd, 1/4 L pivot, Cross R over L, Step L to L side, Turn 1/4 R locking R over L

1 2 3 L forward, R forward, 1/4 pivot L (3.00)
4 5 6 Cross R over L, Step L to L side, Turn 1/4 R as you lock R over L (6.00)

S6. L back, 1/2 R Sweep R, Hold, R behind L, L Side, Cross R over L

1 2 3 Step L back. 1/2 Sweep R to R side while keeping weight on L, Hold (12.00)
4 5 6 Behind R, Step L to L side, Cross R over L

S7. Step L Lunge, Hold, Hold, Recover 1/4 L on R, 1/2 L Sweeping L to L side

1 2 3 Lunge L, Hold, Hold,
4 5 6 Recover 1/4 L on R, Turn 1/2 L on R foot sweeping L to L (3.00) (or 3/4 L Sweep)

S8. L back Coaster, fwd R, Full L Spiral

1 2 3 Step L back, Step R beside L, Step L forward
4 5 6 Fwd R, Full Spiral over L over 2 counts

S9. Lunge L fwd, Recover R, L back, Cross R over L, Step L back, 1/4 R step R to R side

1 2 3 Step L forward into a Lunge, Recover R, L back
4 5 6 Cross R over L, Step L back, Turn 1/4 R stepping R to R side (6.00)

S10. L Twinkle, Cross R over L Unwind 1/2 L with weight on R

1 2 3 Cross L over R, Step R to R side, Recover L
4 5 6 Cross R over L, Unwind 1/2 L, Drop weight on R (12.00)

S11. L Back Coaster, 1/4 R balance step

1 2 3 Step L back, Step R beside L, Step L forward
4 5 6 Turn 1/4 L Step R to R side, Rock L back behind R, Recover R (9.00)

S12. Side L balance Step, Turn 1/4 R, L fwd, 1/2 R pivot

1 2 3 Step L to L side, Rock R back behind L, Recover L

4 5 6 Turn 1/4 R on R, L forward, 1/2 R pivot (6.00)

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