Pauline's Waltz (P)



编舞者: Pauline Morgan (UK) 音乐: Pauline's Waltz - Frisco



Position: Sweetheart

REPEAT

1-3 4-6	Waltz forward on right, left, right Waltz forward on left, right, left
1-3	Serpentine left (cross right over left, step left to side & pivot 1/8 to right as you step on right foot)
4-6	Serpentine right (step forward on left, pivot ¼ to left as you step on left)
1-3 4-6	Serpentine left (step forward on right, left, pivot ¼ turn to right as you step on right) 1/8 turn into OLOD (step forward on left, turn 1/8 into OLOD as you step on right, step left alongside)
1-3 4-6	Right side with rock step (right step to side, cross left behind right & rock forward onto right) Left side with rock step (left step to side, cross right behind left & rock forward onto left)
1-3 4-6	Step to side on right foot, slide left beside right with touch, pause & hold for one beat $\frac{1}{4}$ turn into LOD on left, right, left (the lady may do a 1 $\frac{1}{4}$)
1-3 4-6	Waltz forward on right, left, right LADY: Turn ½ turn left to face man on left, right, left MAN: Marks time on spot changing hands as the lady faces him (man's left to lady's right)
1-3 4-6	Step back from each other on right, left, right Step forward alongside each other on left, right, left (lady to right side of man, man's right hand on lady's waist)
1-3 4-6	Rotate ½ turn to the right on right, left, right Rotate ½ turn to the right on left, right, left
1-3 4-6	Step back from each other on right, left, right changing hands with left on top of right Lady turns ½ turn left on left, right, left to face LOD in side by side position