Time Is A Healer

级数: Intermediate waltz

编舞者: Mikael Mölsä (FIN)

音乐: Time Is a Healer - Eva Cassidy

TWINKLE, TWINKLE

- 1-3 Step left across right foot, step right to side, step left diagonally forward
- 4-6 Step right across left foot, step left to side, step right diagonally forward

STEP, SWEEP, FULL TURN

拍数: 48

- 1-3 Step left across right foot, sweep right foot from back to front for two counts
- 4-6 Step right across left, turn ¼ to right by stepping left back, turn ¾ to right by stepping right forward

1/4 TURN TO RIGHT, 3/4 TURN TO RIGHT

- 1-2-3 Turn 1/8 to right and step left back, turn 1/8 to right and step right diagonal, step left forward 4-5-6 Turn ¼ to right forward, turn ¼ to right by stepping left back, turn ¼ to right by stepping right
- to side

STEP, SWEEP, CROSS-TURN-TURN

- 1-2-3 Step left forward, sweep right from behind to front for two counts
- Step right across left, turn 1/4 to right and step left back, turn 1/4 to right and right to side 4-5-6

CROSS ROCK, SIDE, CROSS ROCK, SIDE

- 1-2-3 Step left across right, recover weight back to right, step left to the side
- 4-5-6 Step right across left, recover weight back to left, step right to the side

STEP CROSS, ¼ TURN, BACK, BACK, BACK, TOGETHER

- 1-2-3 Step left across right, turn 1/4 to left stepping right back, step left back
- 4-5-6 Step right back, step left back, step right together

STEP, TOUCH, HOLD, FULL TURN, TOUCH, HOLD

- 1-2-3 Step left forward, touch right to the side, hold
- 4-5-6 Turn a full Monterey-like turn to the right, touch left to side, hold

FULL UNWIND, BEHIND, SIDE, FORWARD

- 1-2-3 Step left across right, full unwind to right for two counts
- 4-5-6 Step right behind left, step left to side, step right forward

REPEAT





墙数:4