A Waltz In Time

拍数: 54

级数: Intermediate

编舞者: Michael Barr (USA) - 1998

音乐: Till You Love Me - Reba McEntire : (CD: Read My Mind)

Lead In: Start on the word "Roses" after the words "I Sent You..." No Tags or Restarts.

Special Note: Thanks to Michele Burton & Lori Wong for the sharing of their musical knowledge.

[1 – 6] WALTZ BASIC FORWRD - CROSS, BACK, BACK

- Step (stride) L forward; Step (small) R forward; Step (small) L forward 12 1-2-3
- 4-5-6 Cross step R over left; Step L back to the back left diagonal; Step R back to back right diagonal 12

[7-12] CROSS, BACK, BACK - CROSS, BACK, BACK

- 1-2-3 Cross step L over right; Step R back to back right diagonal; Step L back to the back left diagonal, Step L back to the back left diagonal 12
- 4-5-6 Cross step R over left; Step L back to the back left diagonal; Step R back to the back right diagonal 12

[13-18] CROSS, SIDE, BEHIND - ROCK RIGHT, RETURN 1/4 LEFT, FORWARD

- 1-2-3 Step L over right; Step R side right; Step L behind right 12
- 4-5-6 Rock R side right (look R); Return into a ¼ turn left stepping onto L in place; Step R forward 9

[19-24] 1/4 LEFT CROSS, SIDE, BEHIND - ROCK R, RETURN 1/4 LEFT FORWARD

- 1-2-3 Step L forward into 1/4 turn left crossing L in front of right; Step R side right; Step L behind right 6
- 4-5-6 Rock R side right (look R); Return into a ¼ turn left stepping onto L in place; Step R forward 3

[25-30] 1/4 LEFT FORWARD BASIC - FORWARD, SLOW 1/2 TURN LEFT

- 1-2-3 Turn ¼ left stepping L forward; Step (small) R forward; Step (small) L forward 12
- Step R forward; On balls of both feet start 1/2 turn left; Complete 1/2 turn with weight on L 6 4-5-6

[31-36] WALTZ BASIC FORWARD - FORWARD, SLOW 1/2 TURN RIGHT

- 1-2-3 Step R forward; Step (small) L forward; Step (small) R forward 6
- 4-5-6 Step L forward; On balls of both feet start ¹/₂ turn right; Complete ¹/₂ turn with weight on R 12

[37-42] FULL TURNING BASIC - FORWARD, FORWARD, 1/2 PIVOT RIGHT

This section will feel fast as there are no slow turns in this section.

- 1-2-3 Step L forward (prep full turn); Step R forward onto ball of right turning full turn left; Step L forward 12
- 4-5-6 Step R forward; Step (small) L forward; Turn 1/2 turn right shifting weight onto R 6

[43-48] FORWARD, LOCK, FORWARD - FORWARD, SLOW 1/2 TURN LEFT

- 1-2-3 Step L forward; Step R forward and lock R foot behind L; Step L forward 6
- 4-5-6 Step R forward; On balls of both feet start ½ turn left; Complete ½ turn with weight on L 12

[49-54] FORWARD, LOCK, FORWARD - FORWARD, SLOW 1/2 TURN RIGHT

- 1-2-3 Step R forward; Step L forward and lock L foot behind R; Step R forward 12
- 4-5-6 Step L forward; On balls of both feet start 1/2 turn right; Complete 1/2 turn with weight on R 6

Begin Again and Enjoy

Contact: www.michaelandmichele.com / Email: mbarr@saber.net / Mob. 01 – 530.586.0255







墙数:2