拍数： 42
蟺数： 0
级数：Partner
编舞者：Linda Chester（UK）\＆Colin Chester（UK）
音乐：Waltz of a Lifetime－Dave Sheriff

## Position：Facing each other，hands Palm to Palm，Man facing OLOD

1－3 Step \＆rock forward on left foot（to partner＇s left），rock back on right foot，step left beside right
4－6 Step \＆rock forward on right foot（to partner＇s right），rock back on left foot，step right beside left

7－9 MAN：Step left，right，left in place（raise lady＇s left arm over and in front of her as she turns， finish with arms crossed，man behind lady）
LADY：Step left，right，left while turning $1 / 2$ turn to right
10－12 Step \＆rock forward on right foot，rock back on left foot，step right foot beside left
13－15 MAN：Step right，left，right turning to face LOD（on steps 14\＆15 raise lady＇s arms above her head as she turns，change hands）
LADY：Step right，left，right turning $3 / 4$ turn to face LOD
16－18 Step forward on right，left，right
Lower arms slowly to sweetheart position on beats 16\＆17
19－21 Step forward on left right，left
22－24 Right twinkle（start with right foot across front of left）
25－27 Left twinkle（start with left foot across front of right）

28－30 Step forward on right foot starting $1 / 2$ turn to right，step back on left foot to complete turn （RLOD）step right foot beside left
31－33 Step back on left foot（drop left hands，raise right hands）turn a $1 / 2$ turn to right stepping on to right foot，turn $1 / 2$ turn to right stepping on left foot
Rejoin hands in Sweetheart position facing RLOD
34－36 Step back on right foot，step left beside right，step right to left
37－39 Step forward on left foot starting $1 / 2$ turn to left，step back on right to complete turn，step left to right
40－42 MAN：Step $1 / 4$ turn to right on right，left，right（face partner）（raise lady＇s left arm as she turns， arms will be crossed，change hands back to starting position（palm to palm）facing each other ready to start again）
LADY：Step on right，left，right making $3 / 4$ turn to right（face partner）

## REPEAT

