

Harmony Waltz

COPPER KNOB
STEPPERS

拍数: 48 墙数: 4 级数: Intermediate waltz
编舞者: Julia Jackson (USA)
音乐: The Lonely Waltz - The Mavericks



CROSS ROCK & RECOVER - TWISTY VINE 3

- 1 Angling body slightly right step left foot over across in front of right foot and rock on to it
- 2 Straightening body to face front recover weight back on to right foot
- 3 Step left foot in place
- 4 Turning body to face a $\frac{1}{4}$ left step to side on right foot - (so you are actually moving forward)
- 5 Step left foot behind right foot
- 6 Turning body to face front again step forward on right foot

CROSS ROCK & RECOVER - TWISTY VINE 3

- 7 Angling body slightly right step left foot over across in front of right foot and rock on to it
- 8 Straightening body to face front recover weight back on to right foot
- 9 Step left foot in place
- 10 Turning body to face a $\frac{1}{4}$ left step to side on right foot - (so you are actually moving forward)
- 11 Step left foot behind right foot
- 12 Turning body to face front again step forward on right foot

TURN $\frac{1}{2}$ RIGHT AND A BACK COASTER

- 13 Step forward on left foot starting to turn $\frac{1}{2}$ right
- 14 Step right foot beside left foot as you finish the turn
- 15 Step left foot in place
- 16 Step back on right foot
- 17 Step left foot beside right foot
- 18 Step forward on right foot

TWO BASIC WALTZES (FORWARD AND BACK)

- 19 Step forward on left foot
- 20 Step right foot beside left foot
- 21 Step left foot in place beside right foot
- 22 Step back on right foot
- 23 Step left foot beside right foot
- 24 Step right foot in place beside left foot

TWO $\frac{1}{4}$ TURNS LEFT WITH A HESITATION

- 25 Step forward on left foot at the same time start to turn $\frac{1}{4}$ left
- 26 Step to side on right foot - as you finish the turn
- 27 Step left foot in place
- 28 Turning another $\frac{1}{4}$ left: step back on right foot
- 29 Touch left toe beside and just in front of right foot
- 30 Hold for 1 beat

ANOTHER TWO $\frac{1}{4}$ TURNS LEFT AND A HESITATION

- 31 Step forward on left foot at the same time start to turn $\frac{1}{4}$ left
- 32 Step to side on right foot - as you finish the turn
- 33 Step left foot in place
- 34 Turning another $\frac{1}{4}$ left: step back on right foot
- 35 Touch left toe beside and just in front of right foot

36 Hold for 1 beat

½ TURN LEFT (MOVING FORWARD) & STEP BACK FOR ¼ TURN LEFT

- 37 Fairly big step forward on left foot - ready to start your first turn
- 38 Step back on right foot as you finish ½ turn left
- 39 Step left foot in place beside right foot
- 40 Turn another ¼ left as you step back on right foot
- 41 Step left foot beside right foot
- 42 Step right foot in place beside left foot

TWO BASIC WALTZES (FORWARD AND BACK)

- 43 Step forward on left foot
- 44 Step right foot beside left foot
- 45 Step left foot in place beside right foot
- 46 Step back on right foot
- 47 Step left foot beside right foot
- 48 Step right foot in place beside left foot

REPEAT
