Eagles Waltz

拍数: 48   墙数: 0   级数:

编舞者: Lois Lightfoot (UK)

音乐: Take It to the Limit - Eagles

Position: Side By Side Position

FORWARD, LEFT, RIGHT, LEFT, FORWARD, RIGHT, LEFT RIGHT

1-3   Step forward on left, step right next to left, step left in place

4-6   Step forward on right, step left next to right, step right in place

STEP SIDE, BEHIND SIDE, CROSS OVER, STEP BACK, STEP SIDE ¼ TURN

7-9   Step left to side, cross right behind left, step left to side

10-12   Cross right over left, step left back, step right to side making ¼ turn right

CROSS ROCK, RECOVER, STEP SIDE, STEP OVER, STEP SIDE, STEP BEHIND

13-15   Cross rock left over right, recover weight onto right, step left to left side

16-18   Step right over left, step left to side, cross right behind left

DIAGONALLY FORWARD, SLIDE TOUCH, SIDE, BEHIND, SIDE. (LADIES FULL TURN)

19-21   Step left diagonally forward, slide right to left over two beats

22-24   Step right to side, step left behind right, step right to side

Release left & raise right. Ladies make a full turn to right stepping right-left-right

CROSS, ROCK, STEP, CROSS OVER, STEP BACK, ¼ TURN RIGHT

25-27   Cross rock left over right, recover weight onto right, step left to side

28-30   Cross right over left, step left back, step right to side making ¼ turn right

CROSS OVER, STEP, IN PLACE, CROSS OVER, STEP, IN PLACE

31-33   Cross left over right, step right next to left, step left in place

34-36   Cross right over left, step left next to right, step right in place

STEP FORWARD, STEP, IN PLACE, STEP BACK, ½ TURN, IN PLACE

37-39   Step forward on left, step right next to left, step left in place

40-42   Step right back making ½ turn to left, step left in place, step right in place

Release left raise right, ladies can make 1 ½ turn over left shoulder

STEP LEFT FORWARD, TOGETHER, IN PLACE, STEP BACK TOGETHER, IN PLACE

43-45   Step left forward, step right next to left, step left in place

46-48   Step right back, step left next to right, step right next to left

REPEAT