Amazing Grace 1 (P)



编舞者: Miss Vickie (USA)

音乐: Amazing Grace - Carlton Showband



Position: Right Side-By-Side

BASIC FORWARD

Stride forward on left foot
Step right foot next to left
Step left foot next to right
Stride forward on right foot
Step left foot next to right
Step left foot next to right
Step right foot next to left

TURN, SIDE, CROSS, TURN, SIDE CROSS

Release left hands and pass right hands forward over lady's head as she turns

7 Step to the left on left foot making a ½ turn to the left with the step Rejoin left hands behind man's back. Partners are now in the Reverse Indian Position

8 Step to the right on right foot

9 Cross left foot behind right and step

Release left hands and pass right hands back over lady's head as she turns

Step to the right on right foot making a ½ turn to the right with the step

Rejoin left hands returning to Right Side-By-Side Position

11 Step to the left on left foot

12 Cross right foot behind left and step

HIP SWAYS

13 Step to the left on left foot and sway hips to the left

Sway hips to the right Sway hips to the left

WALTZ BASIC BACK

16	Stride back on right foot
17	Step left foot next to right
18	Step right foot next to left
19	Stride back on left foot
20	Step right foot next to left
21	Step left foot next to right

TURN, SIDE, CROSS, TURN, SIDE, CROSS

Release right hands and bring left hands forward over lady's head as she turns

22 Step to the right on right foot making a ½ turn to the right with the step

Rejoin right hands behind man. Partners are now in the Reverse Indian Position

23 Step to the left on left foot

24 Cross right foot behind left and step

Release right hands and pass left hands back over lady's head as she turns

25 Step to the left on left foot making a ½ turn to the left with the step

Rejoin right hands returning to Right Side-By-Side Position

26 Step to the right on right foot

27 Cross left foot behind right and step

HIP SWAYS

28 Step to the right on right foot and sway hips to the right

Sway hips to the leftSway hips to the right

TO THE LEFT "WAGON WHEEL" TURN, WALTZ BACK

Partners remain in Right Side-By-Side making a ½ turn in place

Stride forward on left foot and begin a ½ "wagon wheel" turn to the left

Step right foot next to left continuing ½ turn to the left Step left foot next to right completing ½ turn to the left

34 Stride back on right foot
35 Step left foot next to right
36 Step right foot next to left

37-42 Repeat 31-36

TWINKLES

Turn body diagonally to the right, cross left foot over right and stride onto left foot

44 Turn body forward and step right foot next to left

45 Step left foot next to right

Turn body diagonally to the left and cross right foot over left and stride onto right foot

47 Turn body forward and step left foot next to right

48 Step right foot next to left

REPEAT