

Alligator Waltz

COPPER KNOB
STEPSHEETS

拍数: 30 墙数: 4 级数: Improver waltz
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音乐: Alligator Waltz - Rockin' Sidney



ROCK FORWARD, ROCK BACKWARD

1-3 Right steps forward, hold, hold
4-6 Left steps backward, hold, hold

BACKWARDS RIGHT AND LEFT RONDES

7-9 Swing right to the right, hold, stepping right down behind left
10-12 Swing left to the left, hold, stepping left down behind right

RIGHT RONDE TO RIGHT AND LEFT ½ TURN TWIVOTS (TWIST- PIVOTS)

13-15 Swing right to the right and behind left, hold, stepping down onto the ball of right foot and twist body to the right while pivoting on the balls of both feet to ½ turn right
16-18 Twivot to the left ½ turn on the balls of both feet, hold ½ turn left

RIGHT AND LEFT SCISSORS

19-21 Right steps to side right, left steps next to right heel, right crosses over left
22-24 Left steps to side left, right steps next to left heel, left crosses over right

25-27 Sway hips to right as step down onto right, hold, hold
28-30 Sway hips to left and twivot on balls of both feet ¼ turn right, hold, hold

End with weight on left foot. Right foot will automatically be positioned in front of left. Just shift weight to right foot to start over

REPEAT

VARIATION: RONDE-LOCKS

7-12 The swinging leg locks behind the stationary leg at the knee and bumps the forward leg into a forward low kick. The bumping action at the knee causes the kicking leg to react and begin the next ronde

VARIATION:

19-24 Step, touch, hold (2x)
