

# Ninna's Waltz

**COPPER KNOB**  
STEPSHEETS

拍数: 0      墙数: 2  
编舞者: Merete Sevel (DK) - May 2009  
音乐: Thinking Over - Dana Glover

级数: Phrased Advanced Fast Waltz



Sequence: A B A B A Tag B A B A  
Dedicated to my sweet friend Ninna

Intro: 24 counts (starts on vocal)  
Tag: On wall 3 after Part A - See below

## Part A

### (1 – 6) Back, side, together, forward, side, together

- 1 – 3      Step back on R, step L to L side, step R next to L 12:00  
4 – 6      Step fw on L, step R to R side, step L next to R  
7 – 12     1/4 L, side, together, 1/4 L, side, together  
1 – 3      Step R back making 1/4 turn L, step L to L side, step R next to L 9:00  
4 – 6      Step L fw making 1/4 turn L, step R to R side, step L next to R 6:00

### (13 – 18) 1/4 L, side, together, 1/4 L, side, together

- 1 – 3      Step R back making 1/4 turn L, step L to L side, step R next to L 3:00  
4 – 6      Step L fw making 1/4 turn L, step R to R side, step L next to R 12:00

### (19 – 24) Forward, side together, back, side, together

- 1 – 3      Step fw on R, step L to L side, step R next to L  
4 – 6      Step back on L, step R to R side, step L next to R

### (25 – 30) 1/4 R, side, together, 1/4 R, side, together

- 1 – 3      Step R fw making 1/4 turn R, step L to L side, step R next to L 3:00  
4 – 6      Step L back making 1/4 turn R, step R to R side, step L next to R 6:00

### (31 – 36) 1/4 R, side, together, 1/4 R, side, together

- 1 – 3      Step R fw making 1/4 turn R, step L to L side, step R next to L 9:00  
4 – 6      Step L back making 1/4 turn R, step R to R side, step L next to R 12:00

### (37 – 42) Forward, sweep; forward, sweep

- 1 – 3      Step R fw, sweep L around from back to front over 2 counts  
4 – 6      Step L fw, sweep R around from back to front over 2 counts

### (43 – 48) Cross, back, side, cross, back, side

- 1 – 3      Cross R over L (facing 10:30), step L back, step R to R side squaring up to 12 o'clock  
4 – 6      Cross L over R (facing 1:30), step R back, step L to L side squaring up to 12 o'clock

### (49 – 54) Forward, sweep; cross, unwind full turn with sweep

- 1 – 3      Step R fw, sweep L around from side to front (2-3)  
4 – 6      Cross L in front of R, unwind one full turn R sweeping R around (5-6)

### (55 – 60) Sailor step, behind, side, cross

- 1 – 3      Cross R behind L, step L to L side (small step), step R to R side (small step)  
4 – 6      Cross L behind R, step R to R side, cross L over R to the diagonal 1:30

### (61 – 66) Forward, soft lift; back, 2 x 1/4 R

- 1 – 3      Step R fw, make one low soft lift with L (2-3)  
4 – 6      Step L back, step R 1/4 turn R, step L fw making 1/4 turn R 7:30

### (67 – 72) Forward, soft lift; back basic

- 1 – 3      Step R fw, make one low soft lift with L (2-3)  
4 – 6      Step L back, step R next to L, step L in place squaring up to 6 o'clock 6:00

### (73 – 78) Cross, point, hold, cross, 1/2 twinkle turn L

- 1 – 3      Cross R over L, point L to L side, hold  
4 – 6      Cross L over R, step R back making 1/4 turn L, step L to L side making 1/4 turn L 12:00

### (79 – 84) Cross, point, hold, cross, 1/2 twinkle turn L

- 1 – 3      Cross R over L, point L to L side, hold

- 4 – 6 Cross L over R, step R back making 1/4 turn L, step L to L side making 1/4 turn L 6:00  
**(85 – 90) Cross rock, 2 x hold, recover, drag**  
 1 – 3 Cross rock R over L, hold, hold  
 4 – 6 Recover back on L, drag R towards L over two counts (5-6) 6:00  
**(91 – 96) Forward, sweep 1/4 R; forward, sweep 3/8 L**  
 1 – 3 Step R fw 1/4 turn R, sweep L around (2-3) 9:00  
 4 – 6 Step L fw, sweep R around making 3/8 turn L (5-6) 4:30  
**(97 – 102) Forward, sweep 1/8 R; sway L**  
 1 – 3 Step R fw, sweep L around from back to L side making 1/8 turn R (2-3) 6:00  
 4 – 6 Step L to L side swaying L  
**(103 – 108) Sway R; sway L**  
 1 – 3 Put weight on R swaying R  
 4 – 6 Put weight on L swaying L (prep. for the R full turn)

## Part B

- (1 – 6) 1/4 turn R, Chainé spin 3/4 R; 1/4 turn R, Chainé spin 3/4 R**  
 1 – 3 Step fw 1/4 turn R on R, spin 3/4 turn R on R, step L next to R 6:00  
 4 – 6 Step fw 1/4 turn R on R, spin 3/4 turn R on R, step L next to R 6:00  
**(7 – 12) 1/4 turn R, soft lift; back basic**  
 1 – 3 Step R fw 1/4 turn R, make one low soft lift with L across R (2-3) 9:00  
 4 – 6 Step L diagonally back, step R next to L, step L in place  
**(13 – 18) Forward, soft lift; back basic**  
 1 – 3 Step R fw, make one low soft lift with L across R (2-3)  
 4 – 6 Step L diagonally back, step R next to L, step L in place  
**(19 – 24) 1/4 L back basic, 1/4 L forward basic**  
 1 – 3 Step R back making 1/4 turn L, step L next to R, step R in place 6:00  
 4 – 6 Step L fw making 1/4 turn L, step R next to L, step L in place 3:00  
**(25 – 30) Forward, forward, 3/4 spiral R, forward, forward, 3/4 spiral R**  
 1 – 3 Step R diagonally fw (facing 4:30), step L fw, make a spiral turn 3/4 turn R 1:30  
 4 – 6 Step R fw (facing 1:30), step L fw, make a spiral turn 3/4 turn R 10:30  
**(31 – 36) Forward, forward, 3/4 spiral R, forward, forward, 3/4 spiral R**  
 1 – 3 Step R fw (facing 10:30), step L fw, make a spiral turn 3/4 turn R 7:30  
 4 – 6 Step R fw (facing 7:30), step L fw, make a spiral turn 3/4 turn R 4:30  
**Counts 25-36 will create a box**  
**(37 – 42) Side, hold x 2, 1/4 L, 1/2 L, 1/4 ball turn L**  
 1 – 3 Step R to R side squaring up to 6 o'clock, hold for 2 counts prep. for full turn L 6:00  
 4 – 6 Step L fw 1/4 turn L, step R back 1/2 turn L, on ball of R turn 1/4 turn L 6:00  
**(43 – 48) Side, hold x 2, 1/4 R, 1/2 R, 1/4 ball turn R**  
 1 – 3 Step L to L side, hold for 2 counts prep. for full turn R  
 4 – 6 Step R fw 1/4 turn R, step L back 1/2 turn R, on ball of L turn 1/4 turn R 6:00

**TAG Tag occurs only once after you have danced A for the third time (facing 6 o'clock)**

- & (Weight is on L) Step R next to L 6:00  
 1 – 3 Step L to L side swaying L  
 4 – 6 Put weight on R swaying R  
 7 - 9 Put weight on L swaying L (prep. for the R full turn)

**It looks hard but it really isn't – the Music is beautiful and will help you.**

**Enjoy!**

**Contact: hindholm@hotmail.com**

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