

Life's Storybook

COPPER KNOB
STEPPERS

拍数: 48 墙数: 2 级数: Easy Intermediate Waltz
编舞者: Wanda Heldt (AUS) - May 2010
音乐: Life's Storybook Cover - Isla Grant : (Album: The Essential)



To Dear Linda Morris, Thank you for your never ending Support and Friendship.

S1. WALTZ FORWARD L.R.L, 1/2 TURN LEFT WALTZ R.L.R

- 1-3 Step Left forward, Step Right together, Step Left in place.
4-6 Step back on Right, 1/2 turn Left step Left together, Step Right in place. [6:00]

S2. FULL SPIN FORWARD LEFT, WALTZ FORWARD L.R.L

- 1-3 Step Left forward, Step forward on balls of Right full spin Left whilst hooking Left. [Wt. on R]
[12:00]
4-6 Step Left forward, Step Right together, Step Left in place.

Easy options:- on counts. 1-3 [Step forward L.R. Hold]

S3. STEP BACK 1/4 TURN LEFT, DRAG, HOLD, 1/4 LEFT, SWEEP, TOUCH

- 1-3 Step back on Right as you turn a 1/4 Left, Drag Left toe and touch across Right, Hold. [3:00]
4-6 1/4 turn Left forward on Left, Sweep Right around and touch to Right side, Hold [12:00]

S4. RIGHT TWINKLE, FULL TURN LEFT

- 1-3 Cross Right over Left, Step Left together, Step Right in place.
4-6 Cross Left over Right and full turn Left on balls of Right, Step Left across Right. [Wt. on Left]

Easy options:- on counts. 4-6 [Cross Left over Right, Step Right together, Step Left in place]

S5. RIGHT DIAGONAL - RIGHT LOCK, HOLD, RIGHT LOCK STEP

- 1-3 Step forward Right at Right Diagonal [1:00], Step Lock Left behind Right [slight Right knee bend], Hold.
4-6 Step forward Right, Step Left behind Right, Step Right forward [1:00], [Wt. on Right]

S6. LEFT TWINKLE, FULL TURN RIGHT

- 1-3 Cross Left over Right, Step Right together, Step Left in place.
4-6 Cross Right over Left and full turn Right on balls of Left, Step Right across Left.

Easy options:- on counts. 4-6 [Cross Right over Left, Step Left together, Step Right in place]

S7. LEFT DIAGONAL – LEFT LOCK, HOLD, LEFT LOCK STEP

- 1-3 Step forward Left at Left Diagonal [11:00], Step Lock Right behind Left [slight Left knee bend], Hold.
4-6 Step forward Left, Step Right behind Left, Step Left forward. [11:00] [Wt. on Left]

S8. SWEEP & TURN LEFT TO THE [6:00] WALL, HOLD, WALTZ BACK R.L.R

- 1-3 On balls of Left, Sweep Right toe around to the [6:00] wall, Touch Right toe next to Left, Hold.
[6:00]
4-6 Step back on Right, Step Left together, Step Right in place.

Restart..... HAVE FUN IN LIFE & IN DANCE

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