Zenyatta's Waltz

级数: Intermediate



COPPERKNO

拍数: 48

编舞者: Michele Burton (USA) - May 2010

墙数: 2

音乐: Fire Escape - Diane Birch

Or Music:

Open Arms Artist: Colin Raye 104 bpm Somebody Loves You Artist: Scooter Lee 112 bpm

(1-6) Waltz Box

- 1–3 Step L foot forward; Bring R foot to L, stepping side R; Step L slightly back
- 4–6 Step R back; Bring L to R, stepping side L (angle to L diagonal); Step R to front left diagonal [11 o'clock]

(7-12) Whisk ~ Chasse

- 1-3 Step L to front left diagonal, starting ¼ turn left; Finish ¼ turn left, step R side right; Step L crossed tightly behind R, should feel like a lock (lower on this step, bending knees slightly). [9 o'clock]
- 4 Step R forward to left front diagonal
- 5&6 Step L side left; Step R beside L; Step L side left (smooth & connected to floor the '&' count can be done behind or in front of L foot if preferred)

(13-18) Lunge Return ¼ Turn ~ Step Turn (Full Spiral) Step

- 1-3 Step R in front of L; Return wt. to L; Turn ¼ R, stepping forward on R [12 o'clock]
- 4–6 Step forward on L foot; Full spiral turn right on ball of L; Step R forward (ct. 6)

Note: (easier option: cts. 4-6 Step forward on L foot; Step forward on R foot; Drag L foot forward beside R

(19-24) Balance Forward ~ Balance Back

- 19–21 Step L foot forward; Step R slightly forward; Step L foot slightly back
- 22–24 Step R foot back; Step L slightly back; Step R foot slightly forward [12 o'clock]

(25-30) Forward 1/4 Turn ~ Back Balance (Or Basic)

25–27 Step L foot forward; Turn 1/4 left, stepping slightly back on R; Step back on L [9 o'clock] 28–30 Step R foot back; Step L slightly back; Step R foot slightly forward (not a coaster step)

(31-36) Forward 1/2 Turn ~ Back Balance (Or Basic)

- 31–33 Step L foot forward; Turn ½ left, stepping back on R; Step L back [3 o'clock]
- 34–36 Step R foot back; Step L slightly back; Step R foot slightly forward (not a coaster step)

(37-42) Twinkle Right ~ Twinkle Left

- 37–39 Step L foot to right front diagonal; Step R foot side right; Step L foot to left front diagonal [3 o'clock]
- 40–42 Step R foot to left front diagonal; Step L foot side left; Step R foot to right front diagonal

(43-48) Cross Side ¼ Back ~ Back ¼ ¼ (Waltz Weave)

- 43–45 Step L foot across front of R; Step L side left; Turn ¼ left, stepping L back
- 46–48 Step R back; Turn ¼ left, stepping L foot side left; Turn 1/4, stepping R foot forward [6 o'clock]

Begin Again

Choreographers note: The music is not perfectly phrased, but the musical arrangement allows for a 48 count dance without tags or restarts.

Zenyatta – the first filly to defeat all the colts in the 2009 Breeder's Cup. A horse with a BIG personality. Run Like A Girl!!