Celtic Lady

拍数: 54   墙数: 2   级数: Intermediate waltz

编舞者: Yvonne Anderson (SCO) - June 2014

音乐: Caledonia - Donna Taggart : (Album: Celtic Lady Volume 1)

Notes: Start on Vocal, break at the end of wall 6 (see notes). Music ends during section 2

FULL WALTZ TURN FORWARD, (or basic forward), CROSS 1/4, CROSS 1/4, 1/4, TWINKLE

1-3	Facing forward left diagonal [11.30] Step R forward, Make 1/2 turn right stepping L back, Make 1/2 turn right stepping R forward [11.30]
4-6	Step L across right (squaring off to 9 o'clock wall), Make 1/4 turn left stepping R back, Step L to side [6]
7-9	Step R across left, Make 1/4 turn right stepping L back, Make 1/4 turn right stepping R to side [12]
10-12	Step L across right, Step R to side, Step L in place [12]

CROSS, 3/4 TURN, STEP FORWARD, LUNGE RECOVER STEP BACK, CROSS BACK SIDE CROSS, 1/4 DRAW

1&2,3	Step R across left, (&) Make 1/4 turn right stepping L back, Make 1/2 turn right stepping R forward, Step L forward [9]
4-6	Lunge R forward (right knee is bent), Recover weight on L, Step R foot back and slightly right [9]
7&8,9	Step L across right, (&) Step R back, Step L back and slightly left, Step R across left [9]
10-12	Step L back, On ball of left make 1/4 turn right stepping R to right (long step), Draw L towards right (weight remains on right) [12]

SIDE STEP SPIRAL, FRONT- SIDE- BEHIND SIDE, FRONT-SIDE-BEHIND-1/4, TWINKLE

1-3	Step L to left, Step R across left on ball of R make a full spiral turn left, Step L to side [12]

(Easier option Step L to left, Step R across left, Step L to left)

4&5,6	Step R across left, (&) Step L to left, Step R behind left, Step L to left [12]
7&8,9	Step R across left, (&) Step L to left, Step R behind left, Make 1/4 turn left stepping L forward [9]
10&12	Step R across left, (&) Step L to left, Step R in place, Step L across right [9]

CROSS, SIDE DRAW 1/4 1/2, 1/2, BASIC FORWARD, BACK 1/2 STEP

1-3	Step R to right (long step), Draw left towards right, Touch l toes beside right [9]
4-6	Make 1/4 turn left stepping L forward, Make 1/2 turn left stepping R back, Make 1/2 turn left stepping L forward [6]
7-9	Step R forward, Step L beside right, Step R back (small step) [6]
10-12	Step L back, Make 1/2 turn right stepping R forward, Step L forward [12]

BASIC FORWARD, BACK 1/2 STEP

1-3	Step R forward, Step L beside right, Step R back (small step) [12]
4-6	Step L back, Make 1/2 turn right stepping R forward, Step L forward [6]

REPEAT

BREAK at the end of wall 6 (facing 12 o'clock) there is a break in the music for 6 slow counts
R Twinkle, L Twinkle

1-3	Step R across left, Step L to left, Step R in place [12]
4-6	Step L across right, Step R to side, Step L in place [12]