

R & R Waltz

拍數: 48 牆數: 4 級數: Beginner
編舞者: Jan Brookfield (UK) - January 2015
音樂: Rock & Roll Waltz - Scooter Lee



Or other waltz tunes of your choice.

Section 1 : STEP, POINT, HOLD, BEHIND, SIDE, ACROSS, SWAYS, ROLLING TURN

- 1,2,3 Step L forward, point R to right side, hold for one count
- 4,5,6 Step R behind L, step L to side, step R across in front of L
- 7,8,9 Step L to side swaying hips out, recover weight onto R swaying hips right, sway hips left (weight now on left)
- 10,11,12 Make a full rolling turn sideways to right : step on R making $\frac{1}{4}$ turn right, step on L turning another $\frac{1}{4}$ right, step on R making $\frac{1}{2}$ turn right

Section 2 : LUNGE STEP x 2, TWINKLE QUARTER TURN, BASIC WALTZ BACK

- 13,14,15 Step L making a lunge across in front of R, recover weight onto R, step L to side
- 16,17,18 Step R making a lunge across in front of L, recover weight onto L, step R to side
- 19,20,21 Step L across R, step on R making $\frac{1}{4}$ turn left, step on L next to R
(now facing 9 o'clock)
- 22,23,24 Step back on R, step on L next to R, recover weight onto R

Section 3 : STEP, STOMP, HITCH & KICK, BASIC WALTZ BACK, BASIC WALTZ HALF TURN, BASIC WALTZ BACK

- 25,26,27 Step L forward, stomp R next to L, hitch R knee & kick forward
- 28,29,30 Step R back, step L next to R, recover weight onto R
- 31,32,33 Step L forward making $\frac{1}{2}$ turn left, step back on R, step L next to R (now facing 3 o'clock)
- 34,35,36 Step R back, step on L next to R, recover weight onto R

Section 4 : REPEAT SECTION 3 : STEP, STOMP, HITCH & KICK, BASIC WALTZ BACK, BASIC WALTZ HALF TURN, BASIC WALTZ BACK

- 37,38,39 Step L forward, stomp R next to L, hitch R knee & kick forward
- 40,41,42 Step R back, step L next to R, recover weight onto R
- 43,44,45 Step L forward making $\frac{1}{2}$ turn left, step back on R, step L next to R
- 46,47,48 Step R back, step on L next to R, recover weight onto R
(now facing 9 o'clock position)

START AGAIN

Last Update – 3rd April 2015