Monterey Waltz

拍數: 48

級數: Intermediate

編舞者: Nancy McDavid (USA)

音樂: Mexican Wind - Jann Browne

FRONT BOX STEP

- 1-3 Step left to left side, step right next to left, step left forward
- 4-6 Step right to right side, step left next to right, step right backwards

BACK BOX STEP

- 7-9 Step left to left side, step right next to left, step left backwards
- 10-12 Step right to right side, step left next to right, step right forward

VINE LEFT WITH MODIFIED MONTEREY TURN

- Step left to left side, step right behind left, step left to left side 13-15
- 16-18 Touch right toe to left instep, point right toe out to right side, turn half turn to right on left foot replacing weight to right foot

VINE LEFT WITH MODIFIED MONTEREY TURN

- Step left to left side, step right behind left, step left to left side 19-21
- 22-24 Touch right toe to left instep, point right toe out to right side, turn half turn to right on left foot replacing weight to right foot

DIAGONAL BALANCE STEPS

- 25-27 Waltz towards 11:00:00 with left, right, left
- 28-30 Reverse and waltz home with a right, left, right
- 31-33 Waltz towards 1:00:00 with left, right, left
- 34-36 Reverse and waltz home with right, left right

BALANCE STEP WITH HALF TURN LEFT/BACK BALANCE STEP

- 37-39 Waltz forward with left, making ½ turn to the left, step right next to left, step left next to right
- 40-42 Drop back on the right, step left next to right, step right next to left

WALTZ FORWARD WITH FULL TURN TO THE LEFT/FORWARD ROCK STEP/STEP

- 43-45 Waltzing forward on left, right, left, making full turn to the left
- 46-48 Rock forward on right (to stop your forward momentum), rock back on left, step right next to left

REPEAT





牆數:2