

# Nada Waltz

拍數: 48      牆數: 2      級數: Improver  
編舞者: Charlotte Williams (USA)  
音樂: My Front Porch Looking In - Lonestar



## **(MODIFIED) WALTZ LUNGES - LUNGE RIGHT WITH TOUCH; LUNGE LEFT WITH TOUCH**

- 1-4      Lunge right across (in front) of left, step left in place, return right home, touch left next to right  
5-8      Lunge left across (in front) of right, step right in place, return left home, touch right next to left

## **RIGHT VINE, TURN ONE-FOURTH LEFT, MODIFIED (SLOW) COASTER**

- 1-4      Step right to right, step left behind right, step right to right, step left across (in front) of right  
5      Turn one-fourth ( $\frac{1}{4}$ ) left stepping on back on right  
6-8      Step back on left, step right next to left, step forward on left (slow coaster)

## **MODIFIED (SLOW) COASTERS FORWARD AND BACK, TURN ONE-FOURTH LEFT, TAP**

- 1-3      Step forward on right, step left next to right, step back on right  
4-6      Step back on left, step right next to left, step forward on left  
7-8      Turn one-fourth ( $\frac{1}{4}$ ) to left, stepping right to right, tap left heel to left

## **STEP - TAP; STEP - TAP; STEP - 3 TAPS**

- 1-2      Step left to left, tap right heel to right  
3-4      Step right to right, tap left heel to left  
5-8      Step left to left, tap right heel three (3) times - signal that you are getting ready to start polka steps forward

## **FOUR POLKA (SHUFFLE) STEPS FORWARD**

- 1&2      Right polka (shuffle) forward (right, left, right)  
3&4      Left polka (shuffle) forward (left, right, left)  
5&6      Right polka (shuffle) forward (right, left, right)  
7&8      Left polka (shuffle) forward (left, right, left)

**Variation: on 2nd and 3rd polkas turn one-half ( $\frac{1}{2}$ ) turn each to right-making a full turn**

## **TWO STEP SLIDE BACK, TWO POLKA (SHUFFLE) STEPS BACK**

- 1-2      Step back on right (at right diagonal), slide left next to right - keep weight on right  
3-4      Step back on left (at left diagonal), slide right next to left - keep weight on left  
5&6      Right polka (shuffle) back (right, left, right)  
7&8      Left polka (shuffle) back (left, right, left)

## **REPEAT**