Pam's Waltz (P)



拍數: 48 牆數: 0 級數: Partner

編舞者: Barry Fieldhouse

音樂: Any Moderate Tempo Waltz 100 Bpm



Position: Right Side By Side (Sweetheart). Step pattern same except where noted

FORWARD WALTZ, BACKWARD SIDE BY SIDE 1/4 TURN

1-3 MAN: Stride forward on left, step right slightly ahead of left, step left next to right

LADY: Step in place right, left, right

4 Stride back on right both ¼ turning side by side to face ILOD

5-6 Step left slightly back of right, step right next to left

STRIDE TOUCH HOLD

Release left hands raise right

7-9 Stride forward 0n left, touch right toe next to left, hold

FULL ROLLING RIGHT TURN INTO LOD

Man turns under raised right hands

10-12 Step full right turn - on right, left, right

TWINKLE

Rejoin left hands and resume sweetheart position

13-15 Turn slightly to right - cross left over right and step, step right slightly to the right

SIDE. STEP LEFT NEXT TO RIGHT

Turn slightly to left, cross right over left and step, step left slightly to the left side, step right

next to left

BACKWARD ½ RIGHT TURN

As you turn hands are reversed (left side by side / sweetheart)

19 Begin ½ right turn - stride back turning on left

20 Continue ½ right turn - step 0n right

21 Complete ½ right turn - step on left to face OLOD

STRIDE TOUCH, HOLD

On step 23 release right hands and raise left

22-24 Stride forward on right, touch left toe next to right, hold

FULL ROLLING LEFT TURN INTO LOD

25-27 Step full left turn - on left, right, left

Rejoin right hands & resume reversed sweetheart position

TWINKLES

28-30 Turn slightly to left - cross right over left and step, step left slightly to the left, step right next to

left

31-33 Turn slightly to right - cross left over right and step, step right slightly to the right side, step

left next to right

BACKWARD SIDE BY SIDE 1/4 TURN

34-36 LADY: Step in place right, left, right

MAN: Stride back on right both turning 1/4 side by side to face RLOD, step left slightly back,

step right next to left

STRIDE TOUCH, HOLDS

Prep hands for windmill turn during these steps

37-39 Stride forward on left, touch right toe next to left, hold

WINDMILL TURN TURNING INTO LOD

Steps 40-48 is a two handed windmill turn, turning into LOD. Right hand goes over lady's head. Release left and rejoin as you turn. Left hand goes over lady's head as right hand goes down, release hold and rejoin as you turn

40-42 Turn ½ turn left on right, left, right
43-45 Turn ½ turn left on left, right, left
46-48 Turn ½ turn left on right, left, right
Resume Right Side By Side (Sweetheart) position

REPEAT