Two Minute Waltz



拍數: 48 牆數: 2 級數: Improver

編舞者: Bill Bader (CAN) & Jan Wyllie (AUS) 音樂: What If I Say Goodbye - Vince Gill



BACK DIAGONAL, TOGETHER, TOGETHER, BACK DIAGONAL, TOGETHER, TOGETHER

1 Step left back on left diagonal keeping toe toward front wall (12:00)

2-3 Step right beside left, step left beside right

4 Stride right back on right diagonal keeping toe toward front wall (12:00)

5-6 Step left beside right, step right beside left

BACK, DRAW, CLOSE, FORWARD, FULL SPIN, FORWARD

This entire section is done facing your original 12:00 wall

7 Keeping right toe/ball on floor pointing forward and face toward 12:00, take a large step

straight back on left behind right with left toe turned out

Feet are now almost in a "T" shape with right toe toward 12:00 and with left toe approx, toward 9:00,

important: the upper body turns left, but the face remains forward toward 12:00

8-9 Slide right toe back toward left instep for 2 counts gradually lifting right heel

Weight remains on left, Face and toe of right foot remain forward toward 12:00.

Option: for those wearing a cowboy hat, it is nice styling to occasionally tip your hat and lower your chin as you do this slide

Step right forward toward 12:00Step left forward into a full spin right

12 Step right slightly forward

WALTZ BASIC: FORWARD, TOGETHER, TOGETHER, BACK, TOGETHER, TOGETHER

13-15 Step left forward, step right beside left, step left beside right 16-18 Step right back, step left beside right, step right beside left

QUARTER LEFT, FORWARD, ½ PIVOT, FORWARD, TOUCH, HOLD

19-21 Step left to left side turned ¼ left (9:00) step right forward, pivot ½ left shifting weight forward

onto left, (3:00)

22-24 Stride (large step) right forward, touch left beside right, hold

BASIC WALTZ FORWARD, BASIC WALTZ BACK

25-27 Step left forward, step right beside left, step left beside right 28-30 Step right back, step left beside right, step right beside left

WALTZ FORWARD ½ TURN LEFT, WALTZ BACK ¼ TURN LEFT

31-33 Waltz forward left, right, left while making ½ turn left 34-36 Waltz back right, left, right while making ¼ turn left

WALTZ FORWARD, STEP BACK, SLIDE, HOLD

37-39 Step left forward, step right beside left, step left beside right 40-42 Step back on right, slide left to a touch position beside right, hold

STEP BACK, ROCK RETURN, STEP SLIDE HOLD

43-45 Step back on left, rock/step back on right, rock/return weight forward onto left Big step forward on right, slide left to a touch position beside right, hold

REPEAT

