Friendly Waltz

拍數: 36

級數: Improver waltz

編舞者: Kay Chard Nichol

音樂: I See It Now - Tracy Lawrence

SIDE WALTZES

- 1-2 Weight on right foot, step to the left on left foot, step right foot next to left foot 3
- Step left foot next to right foot
- 4-5 Step to right on right foot, step left foot next to right foot
- Step right foot next to left foot 6

CROSS ROCKS

- 7-8 Cross left foot over right foot and step, rock back onto right foot in place
- 9 Step left foot next to right foot
- 10-11 Cross right foot over left foot and step, rock back onto left foot in place
- 12 Step right foot next to left foot

CROSS STEP, TURN, VINE LEFT REPEAT

- Cross left foot behind left foot and step, step to the right on right foot making $\frac{1}{2}$ turn to the 13-14 right with the step
- 15 Step to the left on left foot
- 16-17 Cross right foot behind left foot and step, step to the left on left foot
- Step right foot next to left foot 18
- 19-24 Repeat beats 13-18

BOX STEPS

- 25-26 Step forward on left foot, step to the right with right foot
- 27 Step left foot next to right foot
- 28-29 Step back on right foot, step to the left on left foot
- 30 Step right foot next to left foot

TURN, WALTZ BACK

- 31 Step forward on left foot and begin a ¹/₂ turn to the left with the step
- 32 Step right foot and continue 1/2 turn to the left
- 33 Step left foot next to right foot and complete 1/2 turn to the left
- 34 Step back on right foot
- 35 Step left foot next to right foot
- 36 Step right foot next to left foot (with weight)

REPEAT





牆數:4