

First Dance Together

拍數: 96 牆數: 0 級數:
編舞者: Trevor Eaton (AUS) & Lesley Mclvor
音樂: The Lonely Waltz - The Mavericks



- 1-6 Rock left over right, rock back on right, turn $\frac{1}{4}$ to left while stepping left, turning $\frac{1}{2}$ to left with the right foot, turning $\frac{1}{2}$ to the left with the left foot, cross right in front on left
- 7-12 Rock left to left side, rock right to right side, cross left in front of right, step right to right side, drag left to right for beats (11-12)
- 13-18 Basic waltz step forward left-right-left while turning $\frac{1}{2}$ to the left, basic waltz step forward right-left-right while turning $\frac{1}{2}$ to the left
- 19-24 Basic waltz step back left-right-left, basic waltz step while turning full turn to the right
- 25-30 Step left to left side, cross right in front of left, step left to left side, cross right behind left, step left to left side, touch right behind left
- 31-36 Step right to right side, cross left in front of right, step right to right side, cross left behind right, step right to right side, touch left heel in front of right
- 37-42 Basic waltz step forward turning $\frac{1}{2}$ to the left stepping left-right-left, basic waltz step back turning $\frac{1}{2}$ to the left stepping, right-left-right
- 43-48 Turn $\frac{1}{4}$ turn left - step left, turn $\frac{1}{2}$ turn left - step right back, turn $\frac{1}{2}$ turn left - step left forward, step right forward, rock back on left, rock forward on right
- 49-54 Step left back, turn $\frac{1}{2}$ to right, step right forward, turning $\frac{1}{2}$ to the right, step left back turn $\frac{1}{2}$ to the right, step right forward, rock back on left, rock forward on right
- 55-60 Step left forward, hitch right & turn $\frac{1}{2}$ to the left on the ball of left foot with right foot behind left knee, step right together, step left to left side, drag right to left (put weight on right)
- 61-66 Step left to left side, cross right in front of left, step left to left side, cross right behind left, step left to left side, touch right behind left
- 67-72 Step right to right side, cross left in front of right, step right to right side, cross left behind right, step right to right side, touch left heel in front of right
- 73-78 Turn $\frac{1}{4}$ turn left - step left, turn $\frac{1}{2}$ turn left - step right back, turn $\frac{1}{2}$ turn left - step left forward, step right forward, rock back on left, rock forward on right
- 79-84 Step left back, turn $\frac{1}{2}$ to right, step right forward, turning $\frac{1}{2}$ to right, step left back turn $\frac{1}{2}$ to right, step right forward, rock back on left, rock forward on right
- 85-90 Step left forward, hitch right & turn $\frac{1}{2}$ to left on ball of left foot with right foot behind left knee, step right together, step left to left side, drag right to left (weight on right)
- 91-96 Step left forward, hitch right & turn $\frac{1}{2}$ to left on ball of left foot with right foot behind left knee, step right together, step left to left side, drag right to left (weight on right)

REPEAT