

Blended Waltz

拍數: 48 牆數: 1 級數: waltz
編舞者: Charlotte Williams (USA)
音樂: Rock & Roll Waltz - Scooter Lee



CROSSOVER LUNGE STEP, TOUCH RIGHT, HOLD; CROSS BEHIND, TOUCH LEFT, HOLD

- 1-3 Cross/lunge step left foot over right; touch right foot to right; hold
4-6 Cross step right foot behind left; touch left foot to left; hold

(WALTZING AROUND THE BASES OF THE BALL DIAMOND.)

FULL LEFT WALTZ TURN TO FIRST BASE, RIGHT WALTZ FORWARD

Moving diagonally to right to first base

- 7 Step left foot forward, starting forward full turn to left
8 Step ball of right foot forward continuing full left turn
9 Step ball of left foot beside right, completing full left turn

Variation: waltz forward toward first base, left, right, left

- 10 Step right foot forward squaring body to 3:00 wall
11-12 Step ball of left foot beside right; step ball of right foot beside left

¾ LEFT WALTZ TURN TO 2ND BASE, RIGHT WALTZ BACK

- 13 Step left foot back to left starting ¾ left turn
14 Step ball of right foot continuing ¾ left turn
15 Step ball of left foot beside right completing ¾ left turn

Variation: waltz backward toward 2nd base, left, right, left

- 16 Step right foot back squaring body to 6:00 wall
17-18 Step ball of left foot beside right; step ball of right foot beside left

FULL LEFT WALTZ TURN TO THIRD BASE, RIGHT WALTZ FORWARD.

Moving diagonally to right to first base

- 19 Step left foot forward, starting forward full turn to left
20 Step ball of right foot forward continuing left turn
21 Step ball of left foot beside right, completing full left turn

Variation: waltz forward toward first base, left, right, left

- 22 Step right foot forward squaring body to 9:00 wall
23-24 Step ball of left foot beside right; step ball of right foot beside left

¾ LEFT WALTZ TURN TO HOME PLATE, RIGHT WALTZ BACK

- 25 Step left foot back to left starting ¾ left turn
26 Step ball of right foot continuing ¾ left turn
27 Step ball of left foot beside right completing ¾ left turn

Variation: waltz backward toward 2nd base, left, right, left.

- 28 Step right foot back squaring body to 12:00 wall
29-30 Step ball of left foot beside right; step ball of right foot beside left

CROSS WALTZ STEP; CROSS WALTZ WITH ½ TURN

- 31-32 Cross step left foot forward over right; step right foot beside left
33 Step left in place angling body slightly left
34 Cross step right foot forward over left while beginning ½ turn right
35 Continue ½ turn right, step left foot beside right
36 Completing ½ turn to right, step right foot beside left

CROSS WALTZ STEP; CROSS WALTZ WITH ½ TURN

- 37-38 Cross step left foot forward over right; step right foot beside left
- 39 Step left in place angling body slightly left
- 40 Cross step right foot forward over left while beginning ½ turn right
- 41 Continue ½ turn right, step left foot beside right
- 42 Completing ½ turn to right, step right foot beside left

CROSSOVER LUNGES

- 43 Cross step left foot forward over right
- 44-45 Step back on ball of right foot; step ball of left foot beside right
- 46 Cross step right foot forward over left
- 47-48 Step back on ball of left foot; step ball of right foot beside left

REPEAT
