The Blue Danube



拍數: 48 牆數: 2 級數: Improver line/contra dance

編舞者: Hazel Pace (UK)

音樂: The Blue Danube - Johnny Rye



STEP FORWARD, TOUCH, HOLD, STEP BACK, TOUCH, HOLD

1 Step forward on left

2-3 Touch right behind left, hold

4 Step back on right

5-6 Touch left in front of right, hold

HALF TURN LEFT, HOLD, BACK TOUCH, HOLD

Start turning left stepping forward on left
Finish ½ turn left stepping back on right, hold

4 Step back on left

5-6 Touch right beside left, hold

STEP FORWARD, TOUCH, HOLD, STEP BACK, TOUCH, HOLD

1 Step forward on right

2-3 Touch left beside right, hold

4 Step back on left

5-6 Touch right beside left, hold

STEP SIDE, SLIDE, TOUCH, HOLD, HOLD

1 Large step right to right side

2-3 Slide left towards right over 2 counts

4 Dip down bending knees

5-6 Straighten knees, hold, (or just hold for 3 counts)

FULL TURN TO LEFT SIDE, HOLD, STEP, SLIDE, TOUCH

1 Step left ¼ turn left,

2-3 On ball of left ½ turn left stepping back on right, hold, (moving to left side)

4 On ball of right make 1/4 turn left stepping left to left side

5-6 Slide right up to left, touch right beside left

1-6 Repeat last 6 counts to right side

FULL TURN LEFT (MOVING FORWARD), STEP FORWARD LEFT, HOLD

1 Start turning left stepping forward on left

2 On ball of left keep turning left stepping back on right

3 On ball of right finish full turn left

4 Step forward on left 5-6 Hold for 2 counts

STEP BACK, SLIDE, TOUCH, DIP DOWN, UP, HOLD

1 Step back on right

2-3 Slide left towards right over 2 counts, (finishing with left knee bent)

4 Bend knees dipping down (ladies curtsey, gents tip your hat)

5 Straighten right leg

6 Hold

REPEAT

All the holds in this dance are very slight. You are dancing on the quick beat