

# My Cup Runneth Over Waltz

**COPPER KNOB**  
BY STEPHEN T. C.

拍數: 48      牆數: 1      級數: Beginner - waltz  
編舞者: Russell Breslauer (USA) - April 2013  
音樂: My Cup Runneth Over - Ed Ames



## WEAVE AND TURN x 2

1-2-3      Step Left, over right, Right to side and Left behind right  
4-5-6      Turn ½ to the right with Right Left Right  
1-2-3      Step Left, over right, Right to side and Left behind right  
4-5-6      Turn ½ to the right with Right Left Right

## LEFT ROCK RIGHT ROCK x 2

1-2-3      Cross step Left over right, recover on Right, step Left next to right  
4-5-6      Cross step Right over left, recover on Left, step Right next to left  
1-2-3      Cross step Left over right, recover on Right, step Left next to right  
4-5-6      Cross step Right over left, recover on Left, step Right next to left

## FORWARD x 2, BACK x 2

1-2-3      Step forward Left Right Left  
4-5-6      Step forward Right Left Right  
1-2-3      Step back Left Right Left  
4-5-6      Step back Right Left Right

## LEFT TWINKLE, RIGHT TWINKLE x 2

1-2-3      Cross step Left over right, step Right to side, step Left to left  
4-5-6      Cross step Right over left, step Left to side, step Right to right  
1-2-3      Cross step Left over right, step Right to side, step Left to left  
4-5-6      Cross step Right over left, step Left to side, step Right to right

## REPEAT

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