

My Ladies Waltz

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Count: 24 **Wall:** 4 **Level:** Beginner - waltz

Choreographer: Wanda Heldt [Perth WA] Feb 2012

Music: Vaya Con Dios by Freddy Fender

Alt. Tracks:

Waltz Across Texas by Scooter

Their Hearts are Dancing' by The Foresters Sisters /

Champagne On Ice by Elton John & Tammy Wynette

Choreographed specially for the Dear Ladies on the Thursday Morning, helping to keep them

active in mind and body... one of the ladies is 88young - how Good is that.

So one is never too old or too young to start Line dancing

S1. STEP LEFT, DRAG, HITCH, STEP RIGHT, DRAG, HITCH

1-3 Long step Left to Left side, Drag Right Toe in and slight Hitch of Right knee.

4-6 Long step Right to Right side, Drag Left toe in and slight Hitch of Left knee.

S2. STEP FORWARD, POINT, HOLD, STEP BACK, POINT, HOLD

1-3 Step forward on Left, Point Right toe to Right side, Hold. [or slight graceful kick forward]

4-6 Step back on Right, Point Left toe to Left side, Hold.

S3. BASIC WALTZ FORWARD, BASIC WALTZ BACK

1-3 Waltz forward L.R.L.

4-6 Waltz back R.L.R.

S4. 1/4 TURN LEFT BASIC WALTZ FORWARD, BASIC WALTZ BACK

1-3 Turn 1/4 Left with a basic waltz forward L.R.L.

4-6 Waltz back R.L.R.

Restart... HAVE FUN IN LIFE & IN DANCE

Contact E-mail: silverstarwa@gmail.com - Website: www.silverstarw.com.au

