

# HARMONY WALTZ

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**Count:** 48

**Wall:** 4

**Level:** intermediate waltz

**Choreographer:** Julia Jackson

**Music:** The Lonely Waltz by The Mavericks

## CROSS ROCK & RECOVER - TWISTY VINE 3

- 1 Angling body slightly right step left foot over across in front of right foot and rock on to it
- 2 Straightening body to face front recover weight back on to right foot
- 3 Step left foot in place
- 4 Turning body to face a  $\frac{1}{4}$  left step to side on right foot - (so you are actually moving forward)
- 5 Step left foot behind right foot
- 6 Turning body to face front again step forward on right foot

## CROSS ROCK & RECOVER - TWISTY VINE 3

- 7 Angling body slightly right step left foot over across in front of right foot and rock on to it
- 8 Straightening body to face front recover weight back on to right foot
- 9 Step left foot in place
- 10 Turning body to face a  $\frac{1}{4}$  left step to side on right foot - (so you are actually moving forward)
- 11 Step left foot behind right foot
- 12 Turning body to face front again step forward on right foot

## TURN $\frac{1}{2}$ RIGHT AND A BACK COASTER

- 13 Step forward on left foot starting to turn  $\frac{1}{2}$  right
- 14 Step right foot beside left foot as you finish the turn
- 15 Step left foot in place
- 16 Step back on right foot
- 17 Step left foot beside right foot
- 18 Step forward on right foot

## TWO BASIC WALTZES (FORWARD AND BACK)

- 19 Step forward on left foot
- 20 Step right foot beside left foot
- 21 Step left foot in place beside right foot
- 22 Step back on right foot
- 23 Step left foot beside right foot
- 24 Step right foot in place beside left foot

### **TWO $\frac{1}{4}$ TURNS LEFT WITH A HESITATION**

- 25 Step forward on left foot at the same time start to turn  $\frac{1}{4}$  left
- 26 Step to side on right foot - as you finish the turn
- 27 Step left foot in place
- 28 Turning another  $\frac{1}{4}$  left: step back on right foot
- 29 Touch left toe beside and just in front of right foot
- 30 Hold for 1 beat

### **ANOTHER TWO $\frac{1}{4}$ TURNS LEFT AND A HESITATION**

- 31 Step forward on left foot at the same time start to turn  $\frac{1}{4}$  left
- 32 Step to side on right foot - as you finish the turn
- 33 Step left foot in place
- 34 Turning another  $\frac{1}{4}$  left: step back on right foot
- 35 Touch left toe beside and just in front of right foot
- 36 Hold for 1 beat

### **$\frac{1}{2}$ TURN LEFT (MOVING FORWARD) & STEP BACK FOR $\frac{1}{4}$ TURN LEFT**

- 37 Fairly big step forward on left foot - ready to start your first turn
- 38 Step back on right foot as you finish  $\frac{1}{2}$  turn left
- 39 Step left foot in place beside right foot
- 40 Turn another  $\frac{1}{4}$  left as you step back on right foot
- 41 Step left foot beside right foot
- 42 Step right foot in place beside left foot

### **TWO BASIC WALTZES (FORWARD AND BACK)**

- 43 Step forward on left foot
- 44 Step right foot beside left foot
- 45 Step left foot in place beside right foot
- 46 Step back on right foot
- 47 Step left foot beside right foot
- 48 Step right foot in place beside left foot

**REPEAT**