

Paper Plate Waltz

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Count: 48 **Wall:** 2 **Level:** Easy Intermediate

Choreographer: Seasons of Love by HeartBeat Duo/Album/Once In A Life Time/iTunes

Music: Sandy Kerrigan (Sydney, Australia) - July 2014

Dance starts: On Lyrics: wt on R - Version 1:00 - [BPM: 105] Track Length 3:30

Step Side, Back Cross, Step Side, Drag, Together 12:00

- 1 2 3 Step L to L, Step/Cross R behind L, Cross L over R
4 5 6 Step R to R (wide step) Drag L to R, Step L next to R (wt on L)

Weave with $\frac{1}{4}$ L, $\frac{1}{2}$ Pivot Turn L 3:00

- 1 2 3 Cross R over L, Step L to L, Cross R behind L
4 5 6 Turn $\frac{1}{4}$ L-Step Fwd L, Step Fwd R, $\frac{1}{2}$ Pivot Turn L (wt on L)

Step Fwd, $\frac{1}{2}$ R Step Back, $\frac{1}{4}$ R to Side, Step Side, Drag, Turn $\frac{1}{4}$ Hook 3:00

- 1 2 3 Step Fwd R, Turning $\frac{1}{2}$ R-Step Back on L, $\frac{1}{4}$ R-Step R to R
4 5 6 Push Step L to L Side, Drag R to meet L,** Turn $\frac{1}{4}$ R-Hook R over L (use L foot to turn $\frac{1}{4}$)

RESTART HERE WALL 5:(facing 12:00 wall-No Hook, Drag R to meet L-Step R next to L)

Lock Fwd, $\frac{1}{2}$ Pivot Turn, Step Fwd 9:00

- 1 2 3 Step Fwd R, Lock L behind R, Step Fwd on R
4 5 6 Step Fwd L, $\frac{1}{2}$ Pivot Turn R (wt on R,) Step Fwd L

Step Fwd, $\frac{1}{2}$ R Back, Step Together, Step Fwd, Together, Together (Basic) 3:00

- 1 2 3 Step Fwd R, Turning $\frac{1}{2}$ R-Step Back on L, Step R next to L
4 5 6 Step Fwd L, Step R next to L, Step L next to R

Step Back, Drag, Hook,3 Step Circular walk around with $\frac{3}{8}$ th Turn L (Front L45°)

- 1 2 3 Long Step back on R, Drag L to R, Hook L over R
4 5 6 3 Step Circular Walk around to face front L45°-Walk L, R, L (L slightly to cross over R)

Step Back R, Brush L to R, Step Fwd L, $\frac{1}{2}$ Pivot Turn L, Step Fwd (Back L45°)

- 1 2 3 Step Back R (lifting R Heel) Brush L next to R, Step Fwd L (front L45°)
4 5 6 Step Fwd R, $\frac{1}{2}$ Pivot Turn L (wt on L,) Step Fwd R

Fwd Rock Step, Step Back, Back Rock Step, Step Fwd (Back L45°)

1 2 3 Rock Fwd L, Replace Back to R, Step Back L

4 5 6 Rock back R, Replace Back to L, Step Fwd R

[48] To start the dance again, Step L to L Side - Turning R to 6:00 wall.

Note: This dance was mostly choreographed in my coffee break at work,

Whilst listening to the song on facebook, all I could find to write

My notes on was a white paper plate..Hence the name.

Thank you to HeartBeat Duo for the amazing song, and friendship.

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Last Update - 20th July 2014