



MY LADIES WALTZ

Choreographer: **Wanda Heldt** - [Perth WA] - February 2012

Description: 24 count - 4 Wall - Beginner Line Dance Waltz

Music: **Vaya Con Dios** by Freddy Fender / **Waltz Across Texas** by Scooter
Their Hearts are Dancing' by The Foresters Sisters /
Champagne On Ice by Elton John & Tammy Wynette

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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

- 1. 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.

- 2. 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.

- 3. BASIC WALTZ FORWARD, BASIC WALTZ BACK**
1-3 Waltz forward L.R.L.
4-6 Waltz back R.L.R.

- 4. 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