

Paper Plate Waltz

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

Choreographer: Sandy Kerrigan (Sydney) Australia – July 2014

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Dance Description: 2 Wall 48 Easy Intermediate Waltz Line Dance/with 1 restart-Wall 5t/wt on R

Dance starts: On Lyrics: Version 1:01 – [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 ¼ L, ½ Pivot Turn L 3:00

1 2 3 Cross R over L, Step L to L, Cross R behind L

4 5 6 Turn ¼ L-Step Fwd L, Step Fwd R, ½ Pivot Turn L (*wt on L*)

Step Fwd, ½ R Step Back, ¼ R to Side, Step Side, Drag, Turn ¼ Hook 3:00

1 2 3 Step Fwd R, Turning ½ R-Step Back on L, ¼ R-Step R to R

4 5 6 Push Step L to L Side, Drag R to meet L,** Turn ¼ R-Hook R over L (use L foot to turn ¼)

(Restart here facing 12:00 wall-No Hook, Drag R to meet L-Step R next to L)

(Wall 5)

Lock Fwd, ½ 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, ½ Pivot Turn R (*wt on R,*) Step Fwd L

Step Fwd, ½ R Back, Step Together, Step Fwd, Together, Together (Basic) 3:00

1 2 3 Step Fwd R, Turning ½ 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 3/8th 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, ½ 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, ½ 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.
Thankyou to HeartBeat Duo for the amazing song, and friendship.