Zenyatta's Waltz (逝愛華爾滋) (zh)

Count: 48 **Wall:** 2 **Level:** Intermediate
Choreographer: Michele Burton (USA) - 2010年05月
Music: Fire Escape - Diane Birch

第一段 Waltz Box 華爾滋方塊

1–3 Step L foot forward; Bring R foot to L, stepping side R; Step L slightly back 左足前踏, 右足滑併右踏, 左足略後踏

4–6 Step R back; Bring L to R, stepping side L (angle to L diagonal); Step R to front left diagonal [11 o'clock]
右足後踏, 左足滑併左踏(面向左斜角), 右足前踏(面向左斜角)(11點鐘)

第二段 Whisk ~ Chasse 夾腳步, 左追步

1-3 Step L to front left diagonal, starting ¼ turn left; Finish ¼ turn left, step R side right; Step L crossed tightly behind R, should feel like a lock (lower on this step, bending knees slightly). [9 o'clock]
左足踏面向左斜角, 左轉90度右足右踏, 左足於右足後鎖踏雙膝略彎(面向9點鐘)

4 Step R forward to left front diagonal 右足前踏面向左斜角

5&6 Step L side left; Step R beside L; Step L side left (smooth & connected to floor – the '&' count can be done behind or in front of L foot if preferred) 左足左踏, 右足併踏(建議略後交叉踏或前交叉), 左足左踏

第三段 Lunge Return ¼ Turn ~ Step Turn (Full Spiral) Step
曲膝 回 1/4, 踏 轉圈 踏

1-3 Step R in front of L; Return wt. to L; Turn ¼ R, stepping forward on R [12 o'clock]
右足於左足前交叉下沉, 左足回復, 右轉90度右足前踏(面向12點鐘)

4–6 Step forward on L foot; Full spiral turn right on ball of L; Step R forward (ct. 6) 左足前踏, 重心在左足右轉圈, 右足前踏

第四段 Balance Forward ~ Balance Back 前華爾滋, 後華爾滋

19–21 Step L foot forward; Step R slightly forward; Step L foot slightly back 左足前踏, 右足略前踏, 左足略後踏

22–24 Step R foot back; Step L slightly back; Step R foot slightly forward [12 o'clock] 右足後踏, 左足略後踏, 右足略前踏(面向12點鐘)

第五段 Forward 1/4 Turn ~ Back Balance (Or Basic)
踏 反轉1/4 後踏, 後華爾滋

25–27 Step L foot forward; Turn 1/4 left, stepping slightly back on R; Step back on L [9 o'clock]
左足前踏, 左轉90度右足略後踏, 左足後踏

28–30 Step R foot back; Step L slightly back; Step R foot slightly forward (not a coaster step) 右足後踏, 左足略後踏, 右足略前踏

第六段 Forward 1/2 Turn ~ Back Balance (Or Basic) 踏 反轉 後, 後華爾滋

31–33 Step L foot forward; Turn ½ left, stepping back on R; Step L back [3 o'clock] 左足前踏, 左轉180度右足後踏, 左足後踏(面向3點鐘)

34–36 Step R foot back; Step L slightly back; Step R foot slightly forward (not a coaster step) 右足後踏, 左足略後踏, 右足略前踏

第七段 Twinkle Right ~ Twinkle Left 右華士步, 左華士步

37–39 Step L foot to right front diagonal; Step R foot side right; Step L foot to left front diagonal [3 o'clock]
左足踏面向右斜角, 右足右踏, 左足踏面向左斜角(面向3點鐘)

40–42 Step R foot to left front diagonal; Step L foot side left; Step R foot to right front diagonal
右足踏面向左斜角, 左足左踏, 右足踏面向右斜角

第八段　Cross Side ¼ Back ~ Back ¼ ¼ (Waltz Weave)
交叉 左 1/4, 後 1/4 1/2(華爾滋藤步)

43–45　Step L foot across front of R; Step L side left; Turn ¼ left, stepping L back 左足於右足前交叉踏, 左足左踏, 左轉90度左足後踏

46–48　Step R back; Turn ¼ left, stepping L foot side left; Turn 1/4, stepping R foot forward [6 o'clock]
右足後踏, 左轉90度左足左踏, 左轉90度右足前踏(面向6點鐘)

Choreographers note: The music is not perfectly phrased, but the musical arrangement allows for a 48 count dance without tags or restarts.

Zenyatta – the first filly to defeat all the colts in the 2009 Breeder's Cup. A horse with a BIG personality. Run Like A Girl!!
