

Alfred's Waltz

Competition Step Sheet

DIVISION: Division 2 ADVANCED – RISE & FALL

Description: 48 Counts, 2 Walls, Waltz, Non-Country
Choreographer: Lee Easton
Music: The Long Day Is Over – Norah Jones
Count in: 24 Count Intro
Note: Begin dance facing 9 o'clock, travel towards 12 o'clock



1-6: SYNCOPATED WEAVE, CHECK TO LOCK

- 1 Cross LF over RF
& Step RF to right side
- 2 Cross LF behind RF
- 3 Step RF to right side
- 4 Cross LF Diagonally forward toward (10.30)
- 5 Recover weight to RF, Begin rotating body 1/2T right
- 6 Continue rotating R, Lock L behind R facing (4.30)

7-12: ATTITUDE SPIN, OVERSWAY

- 1 Step RF forward 1/4 T right, Prep to turn (7.30)
- 2 Begin rotation right on RF foot, LF held in back attitude
- 3 Continue turn
- 4 Finish turn Point LF to left side
- 5 Sway body L, Partial weight change
- 6 Continue sway, recover weight to RF

13-18: ROTATING FALLAWAY

- 1 Step LF across RF
- 2 Step RF to right side
- 3 Step LF Diagonally back to (4.30)
- 4 Step RF back
- 5 Step LF diagonally back to (6.00)
- 6 Step RF across LF toward (7.30.) facing (9.00)

19-24: SYNCOPATED FALLAWAY WITH LOCK, PIVOT TURNS

- 1 Step LF forward toward (7.30)
& Step RF forward
- 2 Step LF forward begin turn left
& Step RF to right side toward (7.30) facing (4.30)
- 3 Step LF back
& Lock RF behind LF turning shoulders to (1.30)
- 4 Step LF forward, pivot 1/2 Turn left
& Step RF back, pivot 1/2 Turn left
- 5 Step LF forward, pivot 1/2 Turn left
& Step RF back, pivot 1/2 Turn left
- 6 Step LF forward, pivot 1/2 Turn left

25-30: SWAY, SERPENTINE

- 1 Push out of LF begin shape right
 - 2 Continue shape through body and arms
 - 3 Finish shape weight on RF
 - 4 Step LF forward 1/4 T toward (9.00)
 - 5 Step RF slightly out to diagonal (10.30)
 - 6 Step LF forward, return to line
- Counts 4-6 should curve slightly

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31-36: SWING OUT, TURN TO POSE

- 1 Step RF forward
- 2 Step LF to left side, ¼ T left facing (12.00)
- 3 Step RF diagonally back toward (4.30)
& Lock LF behind RF, turning shoulders to (12.00)
- 4 Step RF forward toward (3.00)
& Close LF to RF, turning ½ right, keep weight on RF facing (9.00)
- 5 Point LF to L side, turning ¼ T right facing (12.00)
- 6 Continue through shape

37-42: SWAY, SWAY

- 1 Push out of RF begin shape left
- 2 Continue shape through body and arms
- 3 Finish shape weight on LF
- 4 Push out of LF begin shape right
- 5 Continue shape through body and arms
- 6 Finish shape weight on RF

43-48: DOUBLE TURN, CHECK

- 1 Step LF forward
& Close RF to LF, ½ T left
- 2 Step RF small step forward, ½ T left
& Step RF to LF, ½ T left
- 3 Step LF to left side toward (12.00) facing (3.00)
- 4 Cross RF diagonally forward toward (1.30)
- 5 Replace weight on RF
- 6 Step RF to right side facing (3.00) prepared to move toward the back or new wall

START AGAIN