

First Waltz

Competition Step Sheet

DIVISION: PRIMARY NOVICE – RISE & FALL

Description: 24 Counts, 4 Walls, Waltz, Country
Choreographer: Dee Musk
Music: Their Hearts Are Dancing – The Forrester Sisters
Count in: 24 Count Intro



1-6 LEFT SIDE DRAG, RIGHT SIDE DRAG

1,2,3 Step left to left side, slide right towards left on counts 2-3
4,5,6 Step right to right side, slide left towards right on counts 5-6

7-12 BASIC FORWARD, BASIC BACK

1,2,3 Step forward left. Step right beside left, step left in place
4,5,6 Step back on right. Step left beside right, step right in place

13-18 LEFT TWINKLE, RIGHT TWINKLE

1 Step left over right to right diagonal
2 Step right to right diagonal
3 Step left to left diagonal
4 Step right over left to left diagonal
5 Step left to left diagonal
6 Step right to right diagonal

19-24 LEFT CROSS WITH RIGHT SWEEP ¼ TURN LEFT, RIGHT CROSS, SIDE, BEHIND

1 Turning body slightly right, cross step left over right
2,3 Sweep right foot from back, around in an to the left motion, while turning a ¼ turn left, and touch beside left. (9:00)
4,5,6 Cross right over left, step left to left side, step right behind left

START AGAIN