

My Ramona's Waltz

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Count: 48

Wall: 4

Level: Intermediate

Choreographer: Sebastiaan Holtland NL (July 08)

Music: Don't Let Your Feet Slow You Down by Rodney Crowell (CD: Keys To The Highway [96bpm])

Step Step Step Right Balance Step $\frac{1}{4}$ Turn

1-2-3 Left foot step forward right foot step forward left foot step forward (facing 1:30)

4-5-6 Step right foot over left foot step left foot forward commence to turn the left complete $\frac{1}{2}$ to the left right foot step to the right side weight on right foot (facing 6:00)

Step Step Rise Step Hold Step Back, $\frac{1}{2}$ Turn Step $\frac{1}{2}$ Sweep Turn Hold

1-2-3 Left foot step forward right foot step forward your rise body up hold

4&5-6 Right foot step back make $\frac{1}{2}$ turn left left foot step forward right foot make $\frac{1}{2}$ sweep turn to the left over the ground hold your right foot forward hold up count 6 (facing 6:00)

Step E Step Hold Step Hook Step Rise, Back $\frac{1}{4}$ Turn Chasse Side

1-2-3 Right foot step forward left foot step forward rise your body up hold

4-5&6 Left foot hook behind right foot make a $\frac{1}{4}$ turn to the right to (facing 9:00) right foot step to the right side left foot close next to right step right foot to right side weight on right foot (facing 9:00)

Step $\frac{1}{4}$ Turn $\frac{3}{4}$ Turn Run To Lunge, Pull Turn Pivots To Pendulum Step

1-2-3 Left foot step forward with a $\frac{1}{4}$ turn (facing 6:00) right foot step a $\frac{1}{2}$ turn continued $\frac{1}{4}$ turn continued (facing 9:00)

4&5-6 Right foot step forward lunge forward hold right foot pulling from right toe twist turn rotating left foot over de ground keeping your left toe forward when you make a $1 \frac{1}{2}$ turn left (facing 3:00)

Back Step 2x // Side Step, Steps Forward

1-2-3 Left foot step back to (facing 9:00) right foot step back to (facing 9:00) left foot step to the left side weight on left foot

4-5-6 Right foot step forward left foot step forward right foot step forward (3:00)

Cross Fallaway Step, Reverse Contra

- 1-2&3** Left foot across right foot /right foot back left foot $\frac{1}{4}$ turning left 12:00 hook behind right foot left foot step back turning $\frac{1}{4}$ left weight back on right to facing 10:30
- &4-5-6** Left foot step forward 9:00 step right foot back towards 6:00 step left foot back towards (6:00)

Step Reverse Contra $\frac{1}{2}$ Turn Step Back, $\frac{1}{2}$ Reverse Wave Zig Zag

- 1-2-3** Right foot step forward turning $\frac{1}{2}$ left to facing 12:00 left foot back towards end (facing 1:30)
- 4&5-6** Left foot $\frac{1}{2}$ turning right weight back on left step right foot back towards step left foot back towards

Left Balance Step, Cross Full Spin Turn

- &1-2-3** Step left foot forward commence to turn the left complete $\frac{1}{4}$ turn to the left left foot step to the left side (facing 3:00)
- 4-5-6** Step right foot across left foot commence $1 \frac{1}{8}$ spin turn on both feet to the left end (facing 4:30)

Repeat