

## My Ladies Waltz

24 Count, 4 Wall, Beginner

Choreographer: Wanda Heldt (Aus) Feb 2012

Choreographed to: Vaya Con Dios by Freddy Fender;

Their Hearts are Dancing' by The Foresters Sisters;

Champagne On Ice by Elton John & Tammy Wynette

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- S1. STEP LEFT, DRAG, HITCH, STEP RIGHT, DRAG, HITCH**  
1-3 Long step Left to Left side, Drag Right Toe in and slight Hitch of Right knee.  
4-6 Long step Right to Right side, Drag Left toe in and slight Hitch of Left knee.
- S2. STEP FORWARD, POINT, HOLD, STEP BACK, POINT, HOLD**  
1-3 Step forward on Left, Point Right toe to Right side, Hold. [or slight graceful kick forward]  
4-6 Step back on Right, Point Left toe to Left side, Hold.
- S3. BASIC WALTZ FORWARD, BASIC WALTZ BACK**  
1-3 Waltz forward L.R.L.  
4-6 Waltz back R.L.R.
- S4. 1/4 TURN LEFT BASIC WALTZ FORWARD, BASIC WALTZ BACK**  
1-3 Turn 1/4 Left with a basic waltz forward L.R.L.  
4-6 Waltz back R.L.R.

HAVE FUN IN LIFE & IN DANCE

Choreographed specially for the Dear Ladies on the Thursday Morning, helping to keep them active in mind and body... one of the ladies is 88young - how Good is that.

So one is never too old or too young to start Line dancing

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