

## Paper Plate Waltz

48 Count, 2 Wall, Improver

Choreographer: Sandy Kerrigan (Australia) July 2014

Choreographed to: Seasons of Love by HeartBeat Duo,

Album: Once In A Life Time (iTunes – 105 bpm)

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### Dance starts: On Lyrics

#### 1 Step Side, Back Cross, Step Side, Drag, Together 12:00

- 1 2 3 Step L to L, Step/Cross R behind L, Cross L over R  
4 5 6 Step R to R (wide step) Drag L to R, Step L next to R (wt on L)

#### 2 Weave with ¼ L, ½ Pivot Turn L 3:00

- 1 2 3 Cross R over L, Step L to L, Cross R behind L  
4 5 6 Turn ¼ L-Step Fwd L, Step Fwd R, ½ Pivot Turn L (wt on L)

#### 3 Step Fwd, ½ R Step Back, ¼ R to Side, Step Side, Drag, Turn ¼ Hook 3:00

- 1 2 3 Step Fwd R, Turning ½ R-Step Back on L, ¼ R-Step R to R  
4 5 6 Push Step L to L Side, Drag R to meet L,\*\* Turn ¼ R-Hook R over L (use L foot to turn ¼)

**Restart here facing 12:00 wall-No Hook, Drag R to meet L-Step R next to L**

#### 4 Lock Fwd, ½ Pivot Turn, Step Fwd 9:00

- 1 2 3 Step Fwd R, Lock L behind R, Step Fwd on R  
4 5 6 Step Fwd L, ½ Pivot Turn R (wt on R,) Step Fwd L

#### 5 Step Fwd, ½ R Back, Step Together, Step Fwd, Together, Together (Basic) 3:00

- 1 2 3 Step Fwd R, Turning ½ R-Step Back on L, Step R next to L  
4 5 6 Step Fwd L, Step R next to L, Step L next to R

#### 6 Step Back, Drag, Hook, 3 Step Circular walk around with 3/8th Turn L (Front L45°)

- 1 2 3 Long Step back on R, Drag L to R, Hook L over R  
4 5 6 3 Step Circular Walk around to face front L45°-Walk L, R, L (L slightly to cross over R)

#### 7 Step Back R, Brush L to R, Step Fwd L, ½ Pivot Turn L, Step Fwd (Back L45°)

- 1 2 3 Step Back R (lifting R Heel) Brush L next to R, Step Fwd L (front L45°)  
4 5 6 Step Fwd R, ½ Pivot Turn L (wt on L,) Step Fwd R

#### 8 Fwd Rock Step, Step Back, Back Rock Step, Step Fwd (Back L45°)

- 1 2 3 Rock Fwd L, Replace Back to R, Step Back L  
4 5 6 Rock back R, Replace Back to L, Step Fwd R

**To start the dance again, Step L to L Side – Turning R to 6:00 wall.**

**Note: This dance was mostly choreographed in my coffee break at work.**

**Whilst listening to the song on facebook, all I could find to write my notes on was a white paper plate. Hence the name.**

**Thank you to HeartBeat Duo for the amazing song, and friendship.**