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Contra Waltz

24 count, 2 wall, beginner level

Choreographer: Irene Groundwater (Can) Oct 2005

Choreographed to: Walkin' All Over My Heart by
Travis Tritt, CD: Ten Feet Tall And Bulletproof (92
bpm); Goodnight Irene by Chieftans with Chet Atkins,
CD: Another Country

24 count intro.

Note: Dancers form 2 lines offset facing each other.

1-6 FWD, FWD, FWD, FWD, FWD, FWD

1-2-3 Left forward, Right forward, Left forward

4-5-6 Right forward, Left forward, Right forward

(On forward walks dancers will go between 2 people facing them in opposite line)

(Option – Clap the opposite persons hands as you go between the line)

7-12 ¼ TURN LEFT, SIDE, TOG, ¼ TURN LEFT, SIDE, TOG (1/2 TURNING BOX STEP)

1 Left forward making ¼ turn left on step

2-3 Side step Right, Step Left beside Right

4 Right back making ¼ turn left on step

5-6 Large side step Left, Step Right beside Left

(Dancers should now be facing people in the opposite line – head on)

13-18 FWD, TOG, TOG, BACK, TOG, TOG

1-2-3 Left forward, Step Right beside Left, Step Left beside Right

4-5-6 Right back, Step Left beside Right, Step Right beside Left

(Option - Dancers can clap hands with opposite line dancers on counts 2 – 3)

19-24 SIDE, DRAG, TOUCH, SIDE, DRAG, TOUCH

1 Small Side step Left

2-3 Drag Right towards Left, Touch Right Ball beside Left instep

4 Large Side step Right

5-6 Drag Left towards Right, Touch Left Ball beside Right instep

(This should bring you back to your original position to start the dance over again.)

(Option – On count 3 – Clap hands to the left shoulder high)

(Option – On count 6 – Clap hands to the right shoulder high)

Alternative Music:

*Play me the waltz of the Angels by The Derailers, CD: Full Western Dress, 104bpm

*Starts on the word PARTY (Played a PARTY)

My heart cries for you by Guy Mitchell, CD: 16 most requested songs, 107bpm, 24 count intro
