

Mabel's Waltz (Amended)

Competition Step Sheet

DIVISION 1 Allstars

Description: 48 Count, 2 Walls, Rise & Fall (Waltz), Non-Country
Choreographer: Neil Smith
Music: At This Moment by Michael Buble
Count-in: 24 Count Intro
Note: Dancers will dance Wall 1 - Vanilla, Tag - Vanilla,
Wall 2 - Vanilla, Wall 3 - Variation, Wall 4 - Vanilla etc



1-6 LEFT TWINKLE, RIGHT TWINKLE

- 1 Step left diagonal forward over right (turning body 1/8 to right)
- 2 Step right diagonal forward to right
- 3 Replace weight to left (turning body 1/8 to left)
- 4 Step right diagonal forward over left (turning body 1/8 to left)
- 5 Step diagonal forward on left to left
- 6 Replace weight to right (turning body 1/8 to right)

7-12 HESITATION CHANGE, LEFT WHISK ¼ TURN

- 1 Step forward left
- 2 Close right to left
- 3 Hold & elevate to toes
- 4 Forward left
- 5 Side right ¼ turn to left (9:00)
- 6 Cross left behind right (turning upper body to 6:00)

13-18 RIGHT WHISK, ¾ TWIST TURN

- 1 Step forward right in pp (6:00)
- 2 Step side left facing (9:00)
- 3 Cross right behind left (turning upper body to 12:00)
- 4,5,6 Unwind ¾ turn to right finish facing (6:00) weight on right

19-24 BACK HEEL TURN, CHECK CHASSIS

- 1 Step back left
- 2 Close right to left making ½ turn to right
- 3 Step forward left (12:00)
- 4 Step right to right side
- 5 Replace weight to left
- & Close right to left
- 6 Step left to left side

25-30 CURVING FEATHER, BACK WALKS

- 1 Forward right (starting to turn right)
- 2 Forward left (turning right)
- 3 Forward right (turning right) (you have made ¼ turn to right 3:00)
- 4 Back left
- 5 Back right
- 6 Back left

31-36 BACK CURVING FEATHER, BACK WALKS

- 1 Back right (starting to turn left)
- 2 Back left (turning left)
- 3 Back right (turning left) (you have made ½ turn to left) (9:00)
- 4 Back left
- 5 Back Right
- 6 Back Left

37-42 PUSH TURN, CONTRA CHECK SLIP PIVOT

- 1 Forward right
- 2 Forward left ½ turn to right (9:00)
- 3 Forward right
- 4 Check forward left relax knee
- 5 Replace weight to right
- 6 Step back left ¼ turn to right (6:00)

43-48 SYNCOPATED TURNS, ATTITUDE TURN, POINT TO SIDE, SPIRAL TURN

- 1 Forward right
- 2 Make ½ Turn Right stepping back on LF
- & Make ½ Turn Right stepping fwd on RF
- 3 Make ½ Turn Right stepping back on LF
- 4 Make ½ Turn R stepping fwd on RF as you complete a full attitude turn to Right
- 5 Point L toe to L side
- 6 Make a 7/8 spiral turn to Left finishing facing 7.30 ready to begin again.

Tag (after Wall 1):

1-6 CROSS CHECK, SYNCOPATED TURN, HOLD

- 1,2,3 Cross Rock LF over RF, recover weight to RF, Step LF to L side
- &4 Cross RF over LF, Unwind 5/8 turn over L shoulder (to face 1.30) keeping weight back on RF
- 5,6 Hold