

<p>Start: side by side facing Line of Dance (LoD), Leader on Left, Follower held in Sweetheart position</p>	<ul style="list-style-type: none"> • Leader on Left - Follower on right • Follower hold hands up just above shoulder height, palms facing forward • Leader's right arm behind follower's shoulders • Leader's left arm across his chest • Leader's fingers in follower's palm, leader thumbs behind follower's palm, holding very lightly • Weight starts on right foot for both partners • Foot movements are the same for both partners
<p>First 6 counts: Waltz balance forward left; Then waltz balance back right</p>	<ol style="list-style-type: none"> 1. Left foot step forward in the direction of the LoD (style: longer step, body dipping down) weight ends on left 2. Right foot steps along side of left (style: raise body by moving onto toes) – weight ends on right 3. Left foot steps in place (style: on toes) – weight on left 4. Right foot steps back against the LoD (style: longer step, body dipping down) weight on ends on right 5. Left foot steps back along side of right (style: raise body by moving onto toes) – weight on left 6. Right foot steps in place (style: on toes) – weight on right

<p>Second 6 counts: Repeats first: Waltz balance forward, waltz balance backwards</p>	<ol style="list-style-type: none"> 1. Left foot step forward (style: longer step, body dipping down) weight ends on left 2. Right foot steps along side of left (style: raise body by moving onto toes) – weight ends on right 3. Left foot steps in place (style: on toes) – weight on left 4. Right foot steps back (style: longer step, body dipping down) weight on ends on right 5. Left foot steps back along side of right (style: raise body by moving onto toes) – weight on left 6. Right foot steps in place (style: on toes) – weight on right
<p>Third 6 counts: Twinkle to the right Then twinkle to the left</p>	<ol style="list-style-type: none"> 1. Step left foot across body forcing body to do a ¼ turn. Left foot lands pointing to outside of the dance’s circle past the right foot’s position. Both partners are facing to the outside of dance circle. Follower should be slightly ahead of Leader on LoD. Maintain hand holds thorough out twinkles. 2. Turn body back to face LoD as right foot steps past the left foot (further to the outside of the dance circle) and turns towards LoD direction. Leader is now behind follower as they both face in direction of the LoD. 3. Step left foot to about 45 degrees to the left of LoD direction but only slightly closer to the center of the LoD than it was previously positioned. This sets up the twinkle to the left by starting body moving towards the center of the circle. 4. Step right foot across body forcing the body to do a ¼ turn as it moves past the left foot. Right foot lands pointing to the center of the dance’s circle. Both partners are facing the center of the dance circle. Follower is still further along the LoD than the leader. 5. Turn body to face LoD as the left foot steps past the right foot (further to the inside of the circle) an turns towards the LoD direction. Leader is still behind the follower. 6. Step right foot to about 45 degrees to the left of the LoD direction but only slightly closer to the outside of the LoD than it was previously positioned. This sets up the twinkle to the right by starting body moving towards the outside of the circle. <p>These movements flow smoothly. In fact you may find that the 3rd and sixth counts are almost pivots, rather than steps. Try</p>

	making it a step so that weight change occurs when you are learning.
--	--

<p>Fourth 6 counts: Repeat twinkle to the right</p> <p>then twinkle to the left</p>	<ol style="list-style-type: none"> 1. Step left foot across body forcing body to do a ¼ turn. Left foot lands pointing to outside of the dance’s circle past the right foot’s position. Both partners are facing to the outside of dance circle. Follower should be slightly ahead of Leader on LoD. Maintain hand holds thorough out twinkles. 2. Turn body back to face LoD as right foot steps past the left foot (further to the outside of the dance circle) and turns towards LoD direction. Leader is now behind follower as they both face in direction of the LoD. 3. Step left foot to about 45 degrees to the left of LoD direction but only slightly closer to the center of the LoD than it was previously positioned. This sets up the twinkle to the left by starting body moving towards the center of the circle. 4. Step right foot across body forcing the body to do a ¼ turn as it moves past the left foot. Right foot lands pointing to the center of the dance’s circle. Both partners are facing the center of the dance circle. Follower is still further along the LoD than the leader. 5. Turn body to face LoD as the left foot steps past the right foot (further to the inside of the circle) an turns towards the LoD direction. Leader is still behind the follower. 6. Step right foot to about 45 degrees to the left of the LoD direction but only slightly closer to the outside of the LoD than it was previously positioned. This sets up a twinkle to the right by starting body moving towards the outside of the circle.
---	--

<p>Fifth 6 counts:</p> <p>Waltz balance forward on left, side by side</p> <p>then waltz balance back on right</p> <p>(just like the dance started)</p>	<ol style="list-style-type: none"> 1. Bodies turn as Left foot step forward in the direction of the LoD (style: longer step, body dipping down) weight ends on left. Leader takes a slightly longer step than follower so that the partners are now side by side. (During twinkle, Leader was behind Follower.) 2. Right foot steps along side of left (style: raise body by moving onto toes) – weight ends on right 3. Left foot steps in place (style: on toes) – weight on left 4. Right foot steps back against the LoD (style: longer step, body dipping down) weight on ends on right 5. Left foot steps back along side of right (style: raise body by moving onto toes) – weight on left 6. Right foot steps in place (style: on toes) – weight on right
--	---

<p>Sixth 6 counts:</p> <p>Repeat Waltz balance forward on left</p> <p>Then waltz balance back on right</p>	<ol style="list-style-type: none"> 1. Left foot step forward in the direction of the LoD (style: longer step, body dipping down) weight ends on left 2. Right foot steps along side of left (style: raise body by moving onto toes) – weight ends on right 3. Left foot steps in place (style: on toes) – weight on left 4. Right foot steps back against the LoD (style: longer step, body dipping down) weight on ends on right 5. Left foot steps back along side of right (style: raise body by moving onto toes) – weight on left 6. Right foot steps in place (style: on toes) – weight on right
--	--

<p>Seventh 6 counts:</p> <p>Walking turn forward to face against LoD</p>	<ol style="list-style-type: none"> 1. Release right hands as Leader raises their joined left hands high positioned over the Leader’s head. Both step forward on left foot along LoD as Leader moves under joined left hands. 2. Turn right foot towards the center of dance circle as it steps forward past the left foot, thus turning body ¼ turn. Leader has moved under the joined left hands. Both Leader and follower are facing towards the center of the circle. Follower is facing Leader’s back. Weight on right foot’s ball at the end. Right foot is further in the direction of the LoD than the left foot. 3. Make another ¼ turn so that both partners are facing against LoD side by side by moving (swinging) the left foot behind your body and further ahead in LoD
--	---

<p>Balance step backwards on right (in the direction of the LoD)</p>	<p>direction past the right foot. As the left foot lands, it will be pointing against the LoD. As left foot moves, the right foot pivots on its ball of the foot. At the end of this step, Follower is to the Leader's left and Follower is still on the outside of the dance's circle. As the left foot moves, lower the joined left hands down in front of and slightly lower than the chests of both partners. At the end, weight is on the left foot.</p> <ol style="list-style-type: none"> 4. Step right foot backwards (in the direction of the LoD). As stepping backwards, join right hands at waist height (the point is that they are lower than the joined left hands). Weight ends on right foot. Since the couple is facing against the LoD, this starts a balance step backwards that actually moves in the direction of the LoD, while both hands are joined in front. 5. Step left foot backwards to align with the right foot. Weight ends on left foot. 6. Step right foot in place. Weight ends on the right foot.
--	---

<p>Eighth 6 counts: Walking turn against the LoD to end up facing in the direction the LoD</p>	<ol style="list-style-type: none"> 1. Leader moves their joined left and right hands in front of him to just over the height of Follower's shoulders as both step forward on left foot (against LoD). Note that it is not necessary to drop hands, just raise both sets of hands higher than Follower's head, positioned over Follower's head and allow them to rotate while they remain joined for this turn – i.e. do not grasp the hands. Weight on left foot. 2. Turn right foot towards the left - outside of the dance circle - as it steps forward past the left foot, thus turning body ¼ turn. Both Leader and follower are facing towards the outside of the circle. Leader is facing Follower's back. Their joined hands will be above the follower's shoulders, follower's palms facing front, Leader's fingers in the follower's palms, Leader's thumbs on the back of Follower's palms (just as they were during the twinkles) Weight on right foot's ball at the end. Right foot is further from the direction of the LoD than the left foot. 3. Make another ¼ turn so that both partners are facing the LoD side by side by moving (swinging)
---	---

<p>Balance step backwards on right</p>	<p>the left foot behind your body and against the LoD direction past the right foot. When the left foot lands, it will be facing the LoD. As left foot moves, the right foot pivots on its ball of the foot. At the end of this step, Follower is to the Leader's right side and Follower is still on the outside of the dance's circle.</p> <p>As the left foot moves, lower the joined hands until they are just above the Follower's shoulders, just as when the dance started. At the end, weight is on the left foot.</p> <ol style="list-style-type: none"> 4. Step right foot backwards (against the direction of the LoD). Weight ends on right foot. Since the couple is facing the LoD, this starts a balance step backwards that moves against the LoD. 5. Step left foot backwards to align with the right foot. Weight ends on left foot. 6. Step right foot in place. Weight ends on the right foot.
<p>RESTART</p> <p>First 6 counts: Waltz balance forward left;</p> <p>Then waltz balance back right</p>	<ol style="list-style-type: none"> 1. Left foot step forward in the direction of the LoD (style: longer step, body dipping down) weight ends on left 2. Right foot steps along side of left (style: raise body by moving onto toes) – weight ends on right 3. Left foot steps in place (style: on toes) – weight on left 4. Right foot steps back against the LoD (style: longer step, body dipping down) weight on ends on right 5. Left foot steps back along side of right (style: raise body by moving onto toes) – weight on left 6. Right foot steps in place (style: on toes) – weight on right