

CONTRA WALTZ

Choreographer: Irene Groundwater, #307 - 1717 West 13th Ave., Vancouver, B.C. V6J 2H2, Canada,
Tel & Fax No. 604-732-0693, October 2005

Email address: - aiground@telus.net,

Website: - <http://irenegroundwater.com/>

Description: 24 count, 2 Wall Line Dance, Ultra Beginner Level

Country Music: Walkin' all over my heart by Travis Tritt, CD: - Ten Feet Tall and Bulletproof, 92 BPM, 24 count intro.

Country Music: Goodnight Irene by Cheiftans with Chet Atkins, CD: - Another Country, 98 BPM, 24 count intro.

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

*Starts on the word PARTY (Played a PARTY)

My heart cries for you by Guy Mitchell, CD: - 16 most requested songs, 107 BPM, 24

count intro.

Note: Dancers form 2 lines offset facing each other.

Count	Description
-------	-------------

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)

BEGIN AGAIN

This step description may be freely copied and distributed, but may not be altered or rewritten without the express permission of the choreographer