

# MABELS WALTZ

Choreographed by Neil & Penny Smith (UK)

Description: 48 count, 1 wall, Rise & Fall

Level: Advanced

Music: 'A Woman Like You' by Steven Craig Harding (94 bpm)

Official UCWDC competition dance description

Date of usage 7 February 2004

## **1-6 RIGHT BALANCE, LEFT BALANCE**

- 1 Step LF over RF towards 3:00 (facing 3:00)
- 2 Step RF forward (3:00), commence to turn the left
- 3 Complete 1/2 turn to the left, step LF forward (9:00)
- 4 Step RF forward (9:00)
- 5 Step LF forward (9:00), commence to turn the right
- 6 Complete 3/8 turn to the right, step RF forward (1:30)

## **7-12 HESITATION CHANGE FALLAWAY WHISK**

- 1 Step LF forward (1:30)
- 2 Step RF forward 1/8 turn left (12:00)
- 3 Close LF to RF (keep weight on RF)
- 4 Step LF forward (12:00)
- 5 Step RF turning 1/2 to left
- 6 Step LF back (12:00, facing 6:00)

## **13-18 TELEMAR TURN SWEEP**

- 1 Step RF forward (6:00)  
& Step LF forward, 1/4 turn right (facing 9:00)
- 2 1/4 turn right, step RF back (6:00, facing 12:00)
- 3 1/4 turn right, step LF back (9:00, facing 3:00)
- 4 Step RF forward (3:00)
- 5 Holding weight on RF commence to turn 3/4 to the left keeping Left toe pointed forward
- 6 Complete 3/4 turn left keeping Left toe pointed forward (face 6:00)

## **19-24 HEEL TURN BACK CHASSE**

- 1 Step LF back (12:00)  
& Close RF to LF
- 2 Make 1/2 turn right on the heels, finish facing 12:00
- 3 1/4 turn right, step on LF (facing 3:00)
- 4 Step RF back (9:00)
- 5 Side step on LF making 1/4 turn left (9:00, face 12:00)  
& Close RF to LF
- 6 Side step on LF turning upper body towards 10:30

**25-30 CURVING FEATHER CONTRA CHECK**

- 1 Step RF forward towards (10:30)
- 2 Step LF forward towards (12:00)
- 3 Step RF forward facing (3:00)
- 4 Check forward on LF (3:00)
- 5 Replace weight on RF (9:00, facing 3:00)
- 6 Step LF back (9:00, facing 3:00)

**31-36 REVERSE WAVE ZIG ZAG**

- 1 Step RF back towards (7:30)
- 2 Step LF back towards (4:30)
- 3 Step RF back (3:00, facing 9:00)
- 4 Step LF back (3:00)  
& 1/4 turn right and step RF to the right  
(3:00, facing 12:00)
- 5 Cross LF over RF, 1/4 turn right (facing 3:00)
- 6 1/8 turn right, step RF forward (4:30)

**37-42 AIRIEL RONDE CONTRA CHECK SLIP PIVOT**

- 1 Step LF forward (4:30)
- 2 Swing Right leg from back to front lifted  
from floor starting to turn 5/8 to left
- 3 Complete 5/8 turn left, step RF forward (9:00)
- 4 Step LF forward (9:00)
- 5 Step RF forward (9:00)
- 6 1/2 turn right, step LF back (9:00, facing 3:00)

**43-48 OVER TURNED TELEMAR SWEEP**

- 1 Step RF forward (3:00)  
& 1/4 turn right, step LF forward (6:00)
- 2 1/2 turn right, step RF back (6:00, facing 12:00)
- 3 1/4 turn right, step LF back (9:00, facing 3:00)
- 4 1/8 turn right, step RF forward (4:30)
- 5-6 5/8 turn right on RF, sweeping LF around (12:00)

Mabels Waltz