



Iowa Waltz

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SSR-806

Released April 2017..... Choreographer: Jo Saffell, 3910 – 80th Street, Urbandale, IA 50322, **Phone:** 515-276-9039

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Music: Iowa Waltz by Jack O'Leary (www.silversoundsmusic.com) **Phase:** II +1 (Interrupted Box) **Rhythm:** Waltz - **Time:** 3:59

Sequence: Intro-A-B-C-B-A-B-C-End **Footwork:** Ladies Opposite

Intro: Wait ; BFW Solo Roll 3; Pickup Side Close CPOLOD;

1 Side & FWD L Turning LF to OPOLOD, Fwd R Cont. Turning LF to LOPR, L Cont. Turning to OPOLOD;

2 Thru R to LOD, Side L, Close R (W: Thru L Turning to FC Man, Side R, Close L);

PART A: FWD Waltz; Drift Apt in 3; Twinkle Out; Twinkle to CLOD;

1-2 FWD L, Close R, fwd L; Fwd Slight R, Close L, FWD R to CPOLOD;(W: Fwd Larger R, CL L, Fwd R;)

3-4 FWD R towards Wall, Side L to LOD, Close R; FWD L towards Ctr, Side R to LOD, CL L;

2 Left Turns to CPW;; Full Box;;

5-6 FWD L Turning LF, Sd R Cont. Turning LF, CL R to RLOD; BK L Turning LF to Wall, SD R, CL L CPW;

7-8 FWD L, Side R, CL L; BK R, SD L, CL R;

Rev Box;; Step Swing; Spin Manuver;

9-10 BK L, Side R, CL L; FWD R, Side L, CL R;

11-12 Step FWD L, Swing R Thru to LOD ,;-; Manuv R; Side L, CL R Catching Lady;(W: Spin in 3 L, R, L to LOD)

2 Right Turns;; VN/Twirl 3; Thru Sd Close to Bfly Wall;

13-14 BK L Turning RF, Side R, CL L; Fwd R Cont. Turning RF, Side L, CL R to CPW;

15-16 Side L, Cross R Behind, Side L; (W: Twirl Ladies R, L R to FC;) Thru on R towards LOD, Side L to FCW, CL R to BW;

Part B: Waltz Away; Turn In to LOP; BKUP Waltz; BK Side Thru to OPOLOD;

1-2 FWD L to LOD, Tog R, FWD L to OPOLOD; FWD R, Side L Turning RF to RLOD, BK R to RLOD;

3-4 BK L, BK R, BK L; BK R, Side L to FC, FWD R to OPOLOD

FWD Waltz; PKUP SD Close; 2 L Turns to Bfly Wall;;

5-6 FWD L, CL R, FWD L; FWD R, Side L, CL R;(W: FWD L Turning to FC Partner, Side R, CL L;)

7-8 FWD L Turning RF, Side R Cont. Turn RF, CL L to RLOD; BK R Cont. Turn RF, Side L, CL R to CPW)

Waltz Away; PKUP; 2 L Turns to CPW;;

9-10 FWD L to LOD, Tog R, FWD L; FWD R, Side L, CL R;(W: FWD L Turning to FC Partner, Side R, CL L;)

11-12 FWD L Turning RF, Side R Cont. Turn RF, CL L to RLOD; BK R Cont. Turn RF, Side L, CL R to CPW)

Full Box;; Waltz Away & Tog to CPW ;; (2nd Time thru CPOLOD)

13-14 FWD L, Side R, CL L; BK R, SD L, CL R;

15-16 FWD L to LOD, Tog R, FWD L to OPOLOD; FWD R to FC Partner, Side L, CL R to CPW; (2 time CPOLOD)

Part C: Interrupted Box;;;;

1-2 FWD L, Side R, CL L; BK R, Side L CL R;(W: Turn Under Lead Arms RF L, R, L ¼ turn;)

3-4 FWD L, Side R, CL L; ;(W: Cont. Turn Under Lead Arms RF R, L, R To FC Partner in CP;); BK R, Side L CL R;

Drift Apt in 3; Tog Turn To A Ladies Tamara; Wheel ½ to FC CTR; Unwind in 3 to Bfly CTR;

5-6 Holding on two both hands back apt in 3 L,R, L; Tog in three R-L-R turning LF to a (Ladies RF) Tamara;

7-8 Wheel to FC CTR L, R, L; Unwind(Lady RF) R, L, R, to Bfly CTR

Drift Apt in 3; Tog Turn To A Ladies Tamara; Wheel ½ to FC Wall; Unwind in 3 to CPW;

9-10 Holding on two both hands back apt in 3 L,R, L; Tog in three R-L-R turning LF to a (Ladies RF) Tamara;

11-12 Wheel to FC Wall L, R, L; Unwind(Lady RF-Turn L-R-L) R, L, R, to Bfly Wall

Left Turning Box to BFLY Wall;;;;

13-14 FWD L Turning ¼ LF, Side R, CL L; BK R Turning ¼ LF, Side L, CL R;

15-16 FWD L Turning ¼ LF, Side R, CL L; BK R Turning ¼ LF, Side L, CL R to BFLY Wall;

Repeat B-A-B-C-End

End: Vine/Twirl 3; Dip, Twist, Kiss and Leg Crawl;

1-2 Sd L,-, XRib to LOP RLOD, BK to FC(W: Twirl the Lady to FC R, L, R;) Dip CTR, Twist a Little,Kiss (W: Leg Crawl L),

Iowa Waltz

Released April 2017

Music By: Jack O'Leary Dance By: Jo Saffell

Intro: Wait;; Solo Roll 3; Pkup Side Close;

A: Fwd Waltz; Drift Apt 3; Twkle Out; Twkle to CLOD;
2 L Turns to the Wall; Full Bx; Rev the Box;
Step Swing; Spin Manuv; 2 R Turns to CPW;;
Twirl Vn 3; Thru Sd Close to Bfly Wall;

B: Waltz Awy; Trn In to LOP; Bkup Waltz;
Bk Sd Thru to OP; Fwd Waltz; Pkup Sd Cl;
2 L Turns;; Waltz Away; Pkup Sd Cl; 2 L Turns CPW;;
Full Box;; Waltz Awy & Tog to CPW;;

C: Interrupted Box;;;;
Drift Apt in 3; Tog Turning the Lady to a Tamara;
Wheel Across in 3; Unwrap in 3; Drift Apt in 3;
Tog Turing to a Ladies Tamara; Wheel Across in 3;
Unwrap to CPW; L Turning Box to BFLY Wall;;

B: Waltz Awy; Trn In to LOP; Bkup Waltz;
Bk Sd Thru to OP; Fwd Waltz; Pkup Sd Cl;
2 L Turns;; Waltz Away; Pkup Sd Cl; 2 L Turns CPW;;
Full Box;; Waltz Awy & Tog to a Pkup;;

A: Fwd Waltz; Drift Apt 3; Twkle Out; Twkle to CLOD;
2 L Turns to the Wall; Full Bx;; Rev the Box;;
BFLY Step Swing; Spin Manuv; 2 R Turns to BFLY Wall;;
Twirl Vn 3; Thru Sd Close;

B: BFLY Waltz Awy; Trn In to LOP; Bkup Waltz;
Bk Sd Thru to OP; Fwd Waltz; Pkup Sd Cl;
2 L Turns;; Waltz Away; Pkup Sd Cl; 2 L Turns;;
Full Box;; BFLY Waltz Awy & Tog to CPW;;;

C: Interrupted Box;;;;
Drift Apt in 3; Tog Turning the Lady to a Tamara;
Wheel Across in 3; Unwrap in 3; Drift Apt in 3;
Tog Turing the Lady to a Tamara; Wheel Across in 3;
Unwrap to CPW; L Turning Box to BFLY Wall;;

End: Twrl Vn 3; Thru Fc Cl; Dip Twist Kiss and Leg Crawl;;