

5 Star Waltz

48 count, 4 wall, Intermediate level
Choreographer : Lyn Abbott (UK) March 2000
Choreographed to : Captured by Rick Tippe,
Shiver 'n' Shake CD; Their Hearts are Dancing
by The Forester Sisters

Section 1 $\frac{1}{4}$ Turn Forward Waltz, Back Lock Step

& Making $\frac{1}{4}$ turn right

1 - 3 Step right forward, step forward left, step right beside left (moving to 3 o'clock)

4 - 6 Step left back, lock right in front of left, step left back

Section 2 Cross, Unwind $\frac{1}{2}$ Turn, Kick, Cross Step, Triple Right

1 - 3 Cross right in front of left, unwind $\frac{1}{2}$ turn left on ball of right foot, kick left forward

4 Step left across right

5 & 6 Step right to right side, close left beside right, step right to right side

Section 3 Full Turn, Cross Rock and Step

1 - 3 Full turn to left, stepping left, right, left

4 - 6 Rock right over left, rock back onto left, step right to right side

Section 4 Weave Right, Step and Slide

1 - 3 Cross left over right, step right to right side, cross left behind right

4 - 6 Step right to right side, slide left to touch beside right (over 2 counts)

Section 5 Step, Touch, Kick, Waltz Box Step with $\frac{1}{4}$ Turn Right

1 - 3 Step left forward, touch right beside left, kick right forward

4 - 6 Cross right over left, step back left, step right to right side with $\frac{1}{4}$ turn right

Section 6

1 - 6 Repeat Section 5

Sections 7 & 8 Forward Waltz, "Star Turn", Left $\frac{1}{2}$ Turn, Forward Waltz with $\frac{1}{4}$ Turn Left

1 - 3 Step left forward, step right beside left, step left in place

STAR TURN

4 - 6 Touch right toes back, touch right toes to right side, step right in front of left making $\frac{1}{4}$ turn left

1 - 3 $\frac{1}{2}$ turn left on ball of right foot, step back left, step right beside left

4 - 6 Step left forward, step right beside left making $\frac{1}{4}$ turn left, step left in place

Note: STAR TURN – see Melanie Greenwoods 'Achy Breaky Heart'