

# My Ramona's Waltz

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**Count:** 48

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Sebastiaan Holtland (NL) - July 2008

**Music:** Don't Let Your Feet Slow You Down - Rodney Crowell : (CD: Keys To The Highway)

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## **Step Step Step Right Balance Step ¼ Turn**

1-2-3 Left foot step forward right foot step forward left foot step forward (facing 1:30)  
4-5-6 Step right foot over left foot step left foot forward commence to turn the left complete ½ to the left  
right foot step to the right side weight on right foot (facing 6:00)

## **Step Step Rise Step Hold Step Back, ½ Turn Step ½ Sweep Turn Hold**

1-2-3 Left foot step forward right foot step forward your rise body up hold  
4&5-6 Right foot step back make ½ turn left left foot step forward right foot make ½ sweep turn to the left  
over the ground hold your right foot forward hold up count 6 (facing 6:00)

## **Step E Step Hold Step Hook Step Rise, Back ¼ Turn Chasse Side**

1-2-3 Right foot step forward left foot step forward rise your body up hold  
4-5&6 Left foot hook behind right foot make a ¼ turn to the right to (facing 9:00) right foot step to the  
right side left foot close next to right step right foot to right side weight on right foot (facing 9:00)

## **Step ¼ Turn ¾ Turn Run To Lunge, Pull Turn Pivots To Pendulum Step**

1-2-3 Left foot step forward with a ¼ turn (facing 6:00) right foot step a ½ turn continued ¼ turn  
continued (facing 9:00)  
4&5-6 Right foot step forward lunge forward hold right foot pulling from right toe twist turn rotating left  
foot over de ground keeping your left toe forward when you make a 1 ½ turn left (facing 3:00)

## **Back Step 2x // Side Step, Steps Forward**

1-2-3 Left foot step back to (facing 9:00) right foot step back to (facing 9:00) left foot step to the left side  
weight on left foot  
4-5-6 Right foot step forward left foot step forward right foot step forward (3:00)

## **Cross Fallaway Step, Reverse Contra**

1-2&3 Left foot across right foot /right foot back left foot ¼ turning left 12:00 hook behind right foot left  
foot step back turning ¼ left weight back on right to facing 10:30  
&4-5-6 Left foot step forward 9:00 step right foot back towards 6:00 step left foot back towards (6:00)

## **Step Reverse Contra ½ Turn Step Back, ½ Reverse Wave Zig Zag**

1-2-3 Right foot step forward turning ½ left to facing 12:00 left foot back towards end (facing 1:30)  
4&5-6 Left foot ½ turning right weight back on left step right foot back towards step left foot back towards

## **Left Balance Step, Cross Full Spin Turn**

&1-2-3 Step left foot forward commence to turn the left complete ¼ turn to the left left foot step to the left  
side (facing 3:00)  
4-5-6 Step right foot across left foot commence 1 1/8 spin turn on both feet to the left end (facing 4:30)

**Repeat**