

# 4, 5, 6 Waltz

## For Armchair Users

STEPS	ACTUAL HAND MOVEMENTS	CALLING SUGGESTIONS	DIRECTION
<b>SECTION 1</b>	<b>Left hand or finger forward, rub, rub</b>		
1	Point left hand or finger forward	Left forward	
2	Rub left hand down the palm of the right hand	Rub	On the spot
3	Rub right hand down the palm of the left hand	Rub	
<b>SECTION 2</b>	<b>Right thumb to right shoulder, rub, rub</b>		
4	Point right thumb towards right shoulder	Right shoulder	
5	Rub right hand down the palm of the left hand	Rub	On the spot
6	Rub left hand down the palm of the right hand	Rub	
<b>SECTION 3</b>	<b>Point, rub, rub</b>		
7	Point left finger over to right side	Point	
8	Rub left hand down the palm of the right hand	Rub	On the Spot
9	Rub right hand down the palm of the left hand	Rub	
<b>SECTION 4</b>	<b>Point, rub, rub</b>		
10	Point right finger over to left side	Point	
11	Rub right hand down the palm of the left hand	Rub	On the Spot
12	Rub left hand down the palm of the right hand	Rub	
<b>SECTION 5</b>	<b>Left forward, point, hold</b>		
13	Point left hand or finger forward	Left forward	
14	Point right hand or finger to right side	Point side	On the Spot
15	Hold	Hold	
<b>SECTION 6</b>	<b>Right thumb right shoulder, point, hold</b>		
16	Place right thumb on right shoulder	Side, behind	
17	Point left hand or finger to left side	Turn, hop	On the Spot
18	Hold		
<b>SECTION 7</b>	<b>Lasso, rub, rub</b>		
19	Make a lasso anticlockwise with left hand	Lasso	
20	Rub left hand down the palm of the right hand	Rub	On the Spot
21	Rub right hand down the palm of the left hand	Rub	
<b>SECTION 8</b>	<b>Right thumb to right shoulder, rub, rub</b>		
22	Point right thumb towards right shoulder	Right shoulder	
23	Rub right hand down the palm of the left hand	Rub	On the Spot
24	Rub left hand down the palm of the right hand	Rub	
<p>Armchair Line Dance: - 24 Counts</p> <p>Choreographer: - William McKechnie alias Wild Bill (Founder of Wheelchair Line Dancing UK, Germany &amp; France) <a href="https://www.willmc.co.uk">https://www.willmc.co.uk</a></p> <p>Music: - Amazing Grace by The Sporrán Brothers</p>			