

**(April, 2017) Iowa Waltz**

**Choreographer:** Jo Saffell, 3910 – 80<sup>th</sup> Street, Urbandale, IA 50322, **Phone:** 515-276-9039 **Email:** cuerjo@gmail.com  
**Music:** Iowa Waltz by Jack O'Leary Get Music from Jack O'Leary **Phone:** (203) 482-6682 **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 BW;**

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 BW;;**

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 ;; (2<sup>nd</sup> time 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/Twirl Ladies To A Tamara; Wheel Acrs in 3; 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 LF) R, L, R, to Bfly CTR

**Drift Apt in 3; Tog/Twirl The Ladies To A Tamara; Wheel Acrs in 3; 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 (Twirling Ladies RF to a Tamara L, R, L);  
11-12 Wheel to FC Wall L, R, L; Unwind( Lady LF-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 RF to FC R, L, R;) Dip CTR, Twist a Little,Kiss (W: Leg Crawl L),

# 2017 Iowa Waltz

Music By: Jack O'Leary

Dance By: Jo Saffell

**Intro:** Wait;; Solo Roll 3 to OPLOD; 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;; Bfly Waltz Awy & Tog to CPW;;

**C:** Interrupted Box;;;;  
Drift Apt in 3; Tog/Twirl the Lady to a Tamara;  
Wheel Across in 3; Unwrap in 3; Drift Apt in 3;  
Tog/Twirl the Lady to a 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 ; Pkup Sd Cl;

**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/Twirl the Lady to a Tamara;  
Wheel Across in 3; Unwrap in 3; Drift Apt in 3;  
Tog/Twirl 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;;



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