

# Sweet and Tender Waltz

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**Count:** 48                      **Wall:** 2                      **Level:** Improver

**Choreographer:** Charlotte Steele (SA) – August 2025

**Music:** One Sweet and Tender Touch – Chris Rea

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**Intro: Start on vocals, +-30 seconds into the track. No Tags. No Restarts.**

**Sec.1 Basic Waltz Forward x2.**

1 2 3 Step forward on L, step R next to L, step L in place  
4 5 6 Step forward on R, step L next to R, step R in place (12:00)

**Sec.2 Basic Waltz Back. Sailor Step 1/4 Turn Right.**

1 2 3 Step back on L, step R next to L, step L in place (12:00)  
4 5 6 Make ¼ turn right cross stepping R behind L, step L in place, small step R to right side (3:00)

**Sec.3 Weave Right. Pivot 1/4 Right. Side Rock-Recover.**

1 2 3 Cross step L over R, step R to right side, cross step L behind R (3:00)  
4 5 6 Pivot ¼ right and step forward on R, rock step L to left side, recover onto R (6:00)

**Sec.4 Weave Right. Side Rock-Recover-Cross.**

1 2 3 Cross step L over R, step R to right side, cross step L behind R  
4 5 6 Rock R to right side, recover onto L, cross step R over L (6:00)

**Sec.5 Pivot 1/4 Left-Kick R x2. Cross Rock-Recover-Side.**

1 2 3 Pivot ¼ left and step forward on L (3:00), low kick R to right diagonal twice  
4 5 6 Rock step R over L, recover back onto L, small step R to right side (3:00)

**Sec.6 Step Forward-Kick R x2. Cross Rock-Recover-Side.**

1 2 3 Step forward on L, low kick R to right diagonal twice  
4 5 6 Rock step R over L, recover back onto L, small step R to right side (3:00)

**Sec.7 Cross-Side-Behind. Pivot 1/4 Right-Point-Hold.**

1 2 3 Cross step L over R, step R to right side, cross L behind R  
4 5 6 Pivot ¼ right and step forward on R (6:00), point L to left side, hold (6:00)

**Sec.8 Forward-Point-Hold. Coaster Step.**

1 2 3 Step forward on L, point R to right side, hold  
4 5 6 Step back on R, step L next to R, step R forward (6:00)

**Start Again**

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