

# Rose From The Sea (Rosa Del Mar)

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Rep Ghazali-Meaney, Scotland (Oct 2016)

**Music:** Rosa Del Mar by Gabe Garcia - 105 bpm



#16 count intro.

**Music Available on download from iTunes and Amazon 11th Nov 2016**

**[01-08] R HEEL-TOE, R SHUFFLE FWD, L ROCK FWD, L ½ TURN SHUFFLE**

- 1-2 touch Right heel forward, touch Right toe back  
3&4 step forward Right, step Left together, step forward Right  
5-6 rock forward Left, recover Right  
7&8 ½ turn Left by stepping forward Left, step Right together, step forward Left (6)

**[09-16] R ½ TURN SHUFFLE, L ROCK BACK, SKATE L-SKATE R, L SHUFFLE FWD**

- 1&2 ½ turn Left by stepping back Right, step Left together, step Right together  
3-4 rock back Left, recover on Right  
5-6 skate forward Left, skate forward Right  
7&8 step forward Left, step Right together, step forward Left (12)

**[17-24] R FWD-¼ PIVOT R CROSS SHUFFLE, ¼ TURN R-½ TURN R, L FORWARD ROCK-RECOVER**

- 1-2 step forward Right, ¼ pivot turn Left (9)  
3&4 cross Right over Left, step Left to Left side, cross Right over Left  
5-6 ¼ turn Right by stepping back Left, ½ turn Right by stepping forward Right (6)  
7-8 rock forward Left, recover on Right (6)

**[25-32] L ¼ SIDE ROCK-RECOVER, L SAILOR ¼ TURN, R CROSS-L ¼ TURN HITCH, L SHUFFLE FWD**

- 1-2 make ¼ turn Left by rocking Left to Left side, recover on Right (3)  
3&4 make ¼ turn Left by sweeping and stepping Left behind Right, step Right to Right side, step Left to Left side (12)  
5-6 cross Right over Left, ¼ turn Right by hitching up on Left (3)  
7&8 step forward Left, step Right together, step forward Left (3)

**Ending:**

**Wall 11 - will be facing 6 o'clock, dance up to count 24 (will be facing 12 o'clock wall)  
then add : rock back Left, recover on Right, step forward Left..hold and pose..taraaa !**