Become The Rose



Compte: 32 Mur: 2 Niveau: Intermediate

Chorégraphe: Helena Jeppsson (SWE)

Musique: The Rose - Westlife



BASIC NIGHTCLUB RIGHT, CROSS ROCK, SWAY, 1/4 TURN RIGHT BASIC NIGHTCLUB, 1/4 TURN LEFT, SWEEP, CROSS

1	Take a hig sten wit	h right foot to right side
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2& Cross rock left behind right, recover weight back onto right foot

3 Step left foot to left side4& Sway hips to right, left

5 Turn a ¼ turn to right and take a big step with right foot to right side 6& Cross rock left foot behind right, recover weight back onto right foot

7 Turn a ¼ turn to left stepping forward on left and sweeping right foot back to front

8& Cross right foot over left, step back on left foot

1 ½ TURN RIGHT, BEHIND, ¼ TURN LEFT, ½ TURN LEFT, ¾ TURN RIGHT WITH SWEEP, BEHIND, SIDE

1	Turn a ½ turn to right stepping forward on right foot

2& Turn a ½ turn to right stepping back on left, turn a ½ turn to right stepping forward on right

Step left foot beside right as turning a full turn to right, hitching right knee Step right foot behind left, turn a ¼ turn to left stepping forward on left

5 Step forward on right foot

6 Turn a ½ turn to left, weight on left

7 Turn a ¾ turn to right on left foot, sweeping right foot front to back

8& Step right foot behind left, step left foot to left side

CROSS ROCK, SIDE, CROSS, FULL TURN RIGHT, SIDE, CROSS, BASIC NIGHTCLUB RIGHT, LEFT

1 Cross rock right in front of left foot

2& Recover weight back onto left foot, step right foot to right side

3& Cross left foot over right foot, turn a full turn to right weight ends on left

4& Step right foot to right side, step left in front of right foot

5 Take a big step with right foot to right side

6& Cross rock left foot behind right foot, recover weight back onto right foot

7 Take a big step with left foot to left side

8& Cross rock right foot behind left foot, recover weight back onto left foot

ROCK STEP, ½ TURN RIGHT, ROCK STEP, TOUCH BACK, ½ TURN RIGHT, STEP BACK, SIDE ROCK STEP

1	Rock right foot forward
1	ROCK HODE TOOL TOLWARD

2& Recover weight back onto left foot, turn a ½ turn to right stepping forward on right foot

3 Rock forward on left foot

4& Recover weight back onto right foot, step left foot beside right foot

5 Touch right toe back

6 Turn a ½ turn to right weight on left

7& Step back on right foot, step back on left foot

8& Rock right foot to right side, recover weight onto left foot

REPEAT

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Done at the end of 2nd wall and 4th wall

BASIC NIGHTCLUB RIGHT, CROSS ROCK, 1/4 TURN LEFT, 3/4 TURN LEFT

1-2& Take a big step with right foot to right side, cross rock left behind right, recover weight on right

Turn a ¼ turn to left stepping forward on left 4& Step forward on right foot, turn ¾ turn to left