

The Rose

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Julie Molkner (AUS)
音樂: The Rose - LeAnn Rimes



1st place in the 64 beat competition at Tamworth 1999

Dance starts on 3rd word "Some say LOVE"

Hands, arms by sides for the first 32 counts

STEP FORWARD & HOLD, STEPS ON SPOT, REPEAT

1-4 Long/strong step right forward, hold, step left beside right, step right beside left

5-8 Long/strong step left forward, hold, step right beside left, step left beside right

CROSS HOLD, STEP/TURN, STEP, CROSS, STEP/TURN, STEP, STEP TOGETHER

1-4 Cross/step right over left, hold, step left to left side turning ½ right, step right to right side

5-8 Cross/step left over right, step right to right side turning ½ left, step left to left side, step right beside left

LEFT BACK, ROCK, SWITCH, RIGHT BACK, ROCK, SWITCH

1-4 Rock left back (leave right heel in place), hold, return to right foot, step left beside right

5-8 Rock right back (leave left heel in place), hold, return to left foot, step right beside left

THREE BACK STEPS WITH TOE DRAGS, BALL CROSS

1-2 Long step back on left, hold drawing right toe back towards left

3-4 Long step back on right, hold drawing left toe back towards right

5-8 Long step back on left, small step back on ball of right, cross/step left over right, hold

HIP SWAYS, TWO FULL TURN/SPINS RIGHT

Right hand or both at front waist/buckle

1-4 Large step right to right side, pushing hips right & back/around, return weight to left pushing hips left & back/around

Hips make almost circular motion

5-8 Traveling right & making 2 full turns step on right-left, right-left (turning to the right)

Next step is a brake

STEP RIGHT, HOLD, CENTER, SWITCH, STEP LEFT, HOLD CENTER, SWITCH

1-4 Rock right out to right side, hold, return to left, step right beside left

5-8 Rock left out to left side, hold, return to right, step left beside right

FORWARD ROCK HOLD TURNS

Gentle arm swings, right with right rock, left with left rock

1-4 Rock forward on right, hold, rock back on left turning ½ right, step forward on right

5-8 Rock forward on left, hold, rock back on right turning ½ left, step forward on left

TWO STRIDES WITH HOLDS, FORWARD, STEP ½ TURN, TOGETHER, STEP BACK, TOGETHER

Hands by sides

1-4 Strong step forward on right, hold dragging left foot, repeat step/hold with left foot

5-8 Step forward on right turning ½ left, step left beside right, step back on right, step left together

REPEAT

To fill the extra 8 beats at the end of the 2nd & 4th sequences & also to finish the dance:

TWO STEP TAPS WITH HIGH LEFT HAND FINGER SNAPS

1-4 Right long step forward, hold, tap left together with a high left hand finger snap, hold

5-8 Left long step forward, hold, tap right together with a high right hand finger snap, hold

