

Rosa Del Mar (P)

Count: 64

Wand: 0

Ebene: Improver Partner

Choreograf/in: Claude Martin (CAN) - November 2019

Musik: Rosa Del Mar - Gabe Garcia



Intro -16 counts - Position Close W: H: L.O.D .- F: RLOD Pas de type opposés

[1-8] H: Rock Step FW, Shuffle Back, Rock Back, Shuffle 1/4 Turn

[1-8] F: Rock Back, Shuffle FW, Pivot 1/2 Turn, Shuffle 1/4 Turn

1-2 H : Rock step RF- FW, recover LF back LOD
F : Rock step LF back, recover RF- FW RLOD

3&4 H : Shuffle back RLR
F : Shuffle FW LRL

Drop men right hand and lady left hand, lady turn's left under M left arm and L right arm

5-6 H : Rock back LF, recover on RF- FW
F : RF pivot 1/2 turn left, forward on LF LOD

Double Hands Hold, face to face

7&8 H : Shuffle 1/4 turn to right LRL OLOD
F : Shuffle 1/4 turn to left RLR ILOD

[9-16] Back Rock 1/4 Turn, Shuffle FW, Rock FW, Shuffle 1/4 Turn

Drop men right hand and lady left hand , left promenade

1-2 H: RF back 1/4 turn to right, recover on LF-FW RLOD
F : LF back 1/4 turn to left, recover on RF-FW RLOD

3&4 H : Shuffle FW RLR
F : Shuffle FW LRL

5-6 H : LF rock FW
F : RF rock FW

Double hands hold

7&8 H : Shuffle 1/4 turn to left LRL OLOD
F : Shuffle 1/4 turn to right RLR ILOD

[17-24] Vine, Back Rock, Shuffle FW

1-4 H: RF cross over LF, LF to left, RF cross behind LF, LF to left
F: LF cross behind RF, RF to right, LF cross over RF , RF to right

5-6 H : Rock back on RF, recover on LF-FW
F : Rock back on LF, recover on RF-FW

Drop men left hand and lady right hand, lady passes under men right arm and her left hand, and change side

7&8 H : Shuffle FW RLR
F : Shuffle FW GDG

[25-32] Pivot 1/4 Turn, Pivot 1/2 Turn, Step FW x 2, Shuffle FW

1-4 H: LF pivot 1/4 turn to right, RF-FW, LF-FW 1/2 turn to right, RF-FW LOD
F : RF pivot 1/4 de turn to left, LF-FW, RF-FW 1/2 turn to left, LF-FW LOD

change hands de mains to left promenade

5-6 H : LF-FW, RF-FW
F : RF-FW, LF-FW

7&8 H : Shuffle FW LRL
F : Shuffle FW RLR

[33-40] 1/4 Turn, Together, Side Shuffle, Step 1/4 Turn, Step FW, Shuffle FW double hands hold, face to face

1-2 H: RF 1/4 de turn to left, together LF beside RF ILOD

F: LF 1/4 de turn to right, together RF beside LF OLOD
 3&4 H : Side shuffle to right RLR
 F : Side shuffle to left LRL
drop men left hand and lady right, lady passes under men right arm and her left, right promenade face LOD
 5-6 H : LF-FW, RF 1/4 turn to right
 F : RF-FW, LF 1/4 turn to left
 7&8 H : Shuffle FW LRL
 F : Shuffle FW RLR

[41-48] H : Walk x 2, Shuffle FW, Side, Together, Shuffle FW

[41-48] F: 1/4 Turn x 2, Shuffle Back, Side, Together, Shuffle Back

Lady turn's under men right arm and under her left arm, back in close position

1-2 H: RF-FW, LF-FW
 F : LF-FW 1/4 turn to right, RF back 1/4 turn to right RLOD
 3&4 H : Shuffle FW RLR
 F : Shuffle back LRL
 5-6 H : LF side left, RF beside LF
 F : RF side right, LF beside RF
 7&8 H : Shuffle FW LRL
 F : Shuffle back RLR

[49-56] H: Side, Together, Shuffle Back, Rock Back, Shuffle FW,

[49-56] F: Side, Together, Shuffle FW, Pivot 1/2 Turn, Shuffle FW

1-2 H : RF to right, LF beside RF
 F : LF to left, RF beside LF
 3&4 H : Shuffle back RLR
 F : Shuffle FW LRL

Lady turn's under men left arm and her right arm, position wrap

5-6 H : LF rock back, recover RF-FW
 F : RF-FW pivot 1/2 tour to left, LF-FW LOD
 7&8 H : Shuffle FW LRL
 F : Shuffle FW RLR

[57-64] H: Side, Together, Shuffle FW, Walk x 2, Shuffle FW,

[57-64] F: Side, Together, Shuffle FW, 1/4 Turn x 2, Shuffle Back

Lady change place to left in front of men

1-2 H: RF to right, LF beside RF
 F: LF to left, RF beside LF
 3&4 H: Shuffle FW RLR
 F: Shuffle FW LRL

Lady comes out of wrap, drop men right hand and lady's left., back in close western

5-6 H: LF-FW, RF-FW
 F: RF 1/4 turn to left, LF back 1/4 turn to left RLOD
 7&8 H : Shuffle FW LRL
 F : Shuffle back RLR

L: is use in french for lady ---- H: is use in french for men

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