

Run For The Roses

COPPER KNOB
STEPPERS

拍数: 48 墙数: 2 级数: Improver
编舞者: Lesley Baxter (NZ) - March 2025
音乐: Run for the Roses - Dan Fogelberg



Start: 48 counts – on the lyrics “Born”

**2 EASY RESTARTS

S1: (1-12): WALK FWD LRL, FWD MAMBO, SIDE, BEHIND, RECOVER L&R

1 2 3 Walk Fwd LRL
4 5 6 Step Fwd on R, Recover Weight on L, Step Bck on R
7 8 9 Step L to Side, Step R Behind L, Recover Weight on L
10 11 12 Step R to Side, Step L Behind R, Recover Weight on R

S2: (13-24): 1/4 L, 1/4 L, BEHIND, 1/4 R WALTZ FWD, BCK, 1/2 TURN R, FWD, 1/2 TURN R

1 2 3 Turn 1/4 L Step L Fwd, Turn 1/4 L Step R to R Side, Step L Behind R
4 5 6 Turn 1/4 RWaltz Fwd RLR
7 8 9 Step L Bck, 1/2 Turn R (RL)
10 11 12 Step R Fwd, 1/2 Turn R (LR)

S3: (25-36): SIDE, ROCK, CROSS, BCK 1/4 L, BCK, RECOVER, FWD, 1/2 TURN L, BCK, 1/2 TURN L

1 2 3 Step L to Side, Recover Weight on R, Step L Across R
4 5 6 1/4 R Step Bck on R, Step Bck on L, Recover Weight on R
7 8 9 Step Fwd on L, Turn 1/2 L (RL)
10 11 12 Step Bck on R, Turn 1/2 L (LR)

S4: (37-48): STEP, LOCK, STEP L&R, WALTZ FWD & BCK

1 2 3 To L Corner Step L Fwd, Step R Behind L, Step L Fwd
4 5 6 To R Corner Step R Fwd, Step L Behind R, Step R Fwd
7 8 9 Step L Fwd, Step R Beside L, Step L Beside R
10 11 12 Step R Bck, Step L Beside R, Step R Beside L

Intro: The Introduction is 48 counts. To begin dancing sooner, do the following starting after count 24 then start the dance:

S1: (1-12): WALK FWD, FWD MAMBO, SIDE, BEHIND, RECOVER L & R

1 2 3 Walk Fwd LRL
4 5 6 Step Fwd on R, Recover Weight on L, Step Bck on R
7 8 9 Step L to Side, Step R Behind L, Recover Weight on L
10 11 12 Step R to Side, Step L Behind R, Recover Weight on R

S2: (13-24): 1/4 L, 1/4 L, BEHIND, 1/4 R FWD, 1/4 R SIDE, RECOVER, CROSS WALTZ L&R

1 2 3 Turn 1/4 L Step L Fwd, Turn 1/4 L Step R to R Side, Step L Behind R
4 5 6 Turn 1/4 R Step R Fwd, 1/4 R Step L to Side, Recover Weight on R
7 8 9 Step L Across R, Step R to Side, Step L Beside R
10 11 12 Step R Across L, Step L to Side, Step R Beside L

RESTARTS: Walls 4 & 7 - After 12 Counts

Hope you enjoy the dance and the music.

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