

Run For The Roses

拍数: 48 墙数: 1 级数: Improver
编舞者: A.T. Kinson (USA)
音乐: Run For the Roses - Michael Martin Murphey



Second 24 counts of the dance are exactly the same as the first 24 counts

FULL SPIRAL TURN LEFT, SIDE LEFT, DRAG BESIDE RIGHT

1-3 Step left foot forward, step right across in front, on ball of right foot do a full spiral turn to left ending with left foot cross in front of right and weight on right foot

Option style: sweep left leg out and around right leg

4-6 Step left foot stride to left side, drag right foot beside of left foot, touch right toe instep left foot

FULL TURN RIGHT, RIGHT TWINKLE

1-3 Step right foot to right side ¼ turn right, step left to left side to complete 1 full turn right, step right foot beside left foot

4-6 Step left foot across in front of right foot, step ball of right foot to right side turning body slightly left, step left slightly to left side

ROCK FORWARD RIGHT, ROCK BACK LEFT, ½ SWEEP LEG TURN, DRAG

1-3 Rock right foot in front of left foot, rock back on left foot, sweep right foot around left to complete ½ turn right end with right leg extended back with weight on left and left knee bent

4-6 Recover weight on right foot, drag touch left foot in front of right (5-6)

FULL TURN LEFT, FULL SPIRAL TURN RIGHT

1-3 Step left foot forward into ¼ turn left, step right foot beside left making full turn left, step left foot beside right

4-6 Step right foot forward, step left across in front, on ball of left foot 1 full spiral turn to right end with right foot cross in front of left weight on left foot

Option style: sweep right leg out and around left leg

FULL SPIRAL TURN RIGHT, SIDE RIGHT, DRAG BESIDE LEFT

1-3 Step right foot forward, step left across in front, on ball of left foot 1 full spiral turn to right end with right foot cross in front of left weight on left foot

Option style: sweep right leg out and around left leg

4-6 Step right stride to right side, drag left beside of right foot, touch left toe instep right foot

FULL TURN LEFT, LEFT TWINKLE

1-3 Step left foot to left side ¼ turn left, step right to right side to complete 1 full turn left, step left foot beside right foot

4-6 Step right foot across in front of left foot, step ball of left foot to left side turning body slightly right, step right slightly to right side

ROCK FORWARD LEFT, ROCK BACK RIGHT, ½ SWEEP LEG TURN, DRAG

1-3 Rock left foot in front of right foot, rock back on right foot, sweep left foot around right to complete ½ turn left end with left leg extended back with weight on right and right knee bent

4-6 Recover weight on left foot, drag touch right foot in front of left (5-6)

FULL TURN RIGHT, FULL SPIRAL TURN LEFT

1-3 Step right foot forward into ¼ turn right, step left foot beside right making full turn right, step right foot beside left

4-6 Step left foot forward, step right across in front, on ball of right foot 1 full spiral turn to left end with left foot cross in front of right weight on right foot

Option style: sweep left leg out and around right leg

REPEAT
