

# 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

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