

Ken's Rose

拍数: 64 墙数: 4 级数: Improver - Country
编舞者: Liz Allcock (UK) - April 2014
音乐: Like a Rose - Ashley Monroe : (Album: Like A Rose)



Section 1: □ Rumba Box

1-4 Step right to right side, step left next to right, step right forward, hold
5-8 Step left to left side, step right next to left, step left back, hold

Section 2: □ Lock Step, Coaster Step

1-4 Step right back, lock left in front of right, step back on right, hold
5-8 Step back on left, step right next to left, step forward on left, hold

Section 3: □ Lock Step Forward x 2

1-4 Step forward on right, lock left behind right, step right forward, brush left forward
5-8 Step forward on left, lock right behind left, brush right forward

Section 4: □ Modified Jaz Box

1-4 Cross right over left, step back on left, step right to right, hold
5-8 Cross left over right, step back on right, step left to left, hold

Restart here on Wall 4 facing 9 O'clock

Section 5: □ Grapevine Right, Grapevine Left 1/4 turn

1-4 Step right to right side, step left behind right, step right to right, touch left next to right
5-8 Step left to left side, step right behind, step left forward, turn 1/4 turn left

Section 6: □ Full Turn Forward, Mambo Step

1-4 1/2 turn left stepping back on right, 1/2 turn left stepping forward on left
5-8 Step forward on left, rock weight back onto right, step left next to right

Section 7: □ Sailor Step x 2

1-4 Step right behind left, step ball of left to side, step right next to left
5-8 Step left behind right, step ball of right to right side, step left next to right

Section 8: □ 1/2 turn left, Rock recover cross

1-4 Step forward on right, make 1/2 turn left, step forward on right
5-8 Rock to left on left, recover on right, step left across right

Section 6 - Alternative step to replace full turn. Right Mambo.

Restart after Count 8, Section 4, on wall 4 facing 9 O'clock

This dance is choreographed while grieving for my late Husband, Ken. I hope that I can come out like a rose.

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