

Smell The Roses

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: High Beginner
編舞者: Cydney Conway (USA) - July 2015
音樂: Smell the Roses - Heartbeat : (Album: Once in a Lifetime; iTunes)



Begin dancing with lyrics. No Tags or Restarts. Begin with weight on L

Section 1: Kick Ball Touch, Back Rock, Side, Together, Back, Scissor

1&2 Kick R fwd, step R next to L, touch L next to R
3 & 4 Rock back on L, recover fwd on R, step L to L side
5-6 Step R next to L, step back on L
7&8 Step R to R side, step L next to R, cross R over L

Section 2: Toe Strut (L & R), Behind, Side, Cross, Toe Strut (R & L), Cross Rock, Turn 1/4 R

1&2& Touch L toe fwd, drop L heel down, touch R toe fwd, drop R heel down
3&4 Cross L behind R, step R to R side, cross L over R
5&6& Touch R toe fwd, drop R heel down, touch L toe fwd, drop L heel down
7&8 Cross R over L, recover on R, turn 1/4 R stepping R to R side (3:00)

(Face L diagonal for the L toe struts and R diagonal for the R toe struts.)

Section 3: Cross, Side, Behind, Side, Cross Rock, Side, Cross, Side, Behind, Sailor (L)

1&2& Cross L over R, step R to R side, cross L behind R, step R to R side
3&4 Cross L over R, recover on R, step L to L side
5&6 Cross R over L, step L to L side, cross R behind L
7&8 Cross L behind R, step R to R side, step L to L side

Section 4: Monterey Turn 1/4 R, Sailors (R & L)

1-4 Touch R to R side, turn 1/4 R stepping R next to L, touch L to L side, step L beside R (6:00)
5&6 Cross R behind L, step L to L side, step R to R side
7&8 Cross L behind R, step R to R side, step L to L side

(Ending - Wall 10: You'll be facing 6:00. Dance counts 1&2 (kick ball touch) and add step fwd L pivot 1/2 R, step fwd L.)

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