

The Banks of The Roses

拍數: 34 牆數: 2 級數: Improver
編舞者: Tina Argyle (UK) - May 2017
音樂: The Banks of the Roses - Nathan Carter : (iTunes)



Count In : 16 counts - start on the words "banks"

S1: Walk Walk, Side Rock Step. Walk Walk, Side Rock Cross

1 - 2 Step forward right then left
&3-4 Rock right out to right side, recover, step forward right
5 - 6 Step forward left then right
&7-8 Rock left out to left side, recover, step left across right

S2: Side Behind & Heel & Cross. Side Behind & Heel ¼ Turn & Step

1 - 2 Step right to right side, cross left behind right
&3 Step right to right side, touch left heel to left diagonal
&4 Step down left, cross right over left
5 - 6 Step left to left side, cross right behind left
&7 Make ¼ turn right stepping back left - Touch right heel forward (3 o'clock)
&8 Step right in place and step forward left

S3: Slide Together with Clap. Chasse. Rock Forward, Coaster Step.

1 - 2 Take long side step right with right, step left at side of right clapping hands
3&4 Step right to right side, close left at side of right, step right to right side
5 - 6 Rock forward left, recover
7&8 Step back left, step back right at side of left, step forward left

S4: ¼ Turn Walk Walk Shuffle. ½ Turn Walk Walk Shuffle

1 - 2 Start to turn left stepping right then left
3&4 Shuffle round RLR passing 12 o'clock wall
5 - 6 Walk left then right still turning left
7&8 Shuffle LRL to end up facing 6 o'clock wall (6 o'clock)

* Wall 1: add the following 8 count BRIDGE here then carry on into the last section (½ pivot turn) ***

1 - 4 Right cross rock recover, Chasse
5 - 8 Left cross rock recover, Chasse.

S5: Step ½ Pivot Turn

1 - 2 Step forward right, make ½ pivot turn left onto left
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*** Wall 3: add the 8 count TAG at the end of the dance then repeat the last section (½ pivot turn) again ***

1 - 4 Right cross rock recover, Chasse
5 - 8 Left cross rock recover, Chasse.

*** On walls 2, 4 & 7 drop the last section of the dance making it 32 counts – the music is obvious!!

*** Final wall (wall 10) slow down and ¼ turn the coaster step to face 12 o'clock

Last Update - 24th May 2017