

Rose For Rita

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Jenifer Wolf (CAN) - July 2018
音樂: I'll Accept the Rose - Rita MacNeil : (Album: Rita)



Intro: vocals

Dedicated to a Canadian Legend, Singer Rita MacNeil

(A) STEP FORWARD, x3, HOLD, ROCK, REPLACE, STEP BACK, HOLD

1-2 Step right foot forward on a right diagonal, Step left foot beside right foot
3-4 Step right foot forward on a right diagonal, Hold
5-6 Step left foot forward, Step right foot in place (rock, replace)
7-8 Step left foot back, Hold

(B) STEP BACK x3, HOLD, ROCK, REPLACE, STEP FORWARD, HOLD

1-2 Step right foot back on a right diagonal, Step left foot beside right foot
3-4 Step right foot back on a right diagonal, Hold
5-6 Step left foot back, Step right foot in place (rock, replace)
7-8 Step left foot forward, Hold

(C) SIDE, ROCK, CROSS, HOLD, SIDE, ROCK, HOLD

1-2 Step right foot to right side, Step left foot in place (side, rock)
3-4 Cross right foot over left foot, Hold
5-6 Step left foot to left side, Step right foot in place (side, rock)
7-8 Cross left foot over right foot, Hold

(D) ROCK FORWARD, TURN ½ RIGHT, SWAY, HOLD

1-2 Step right foot forward, Step left foot in place (rock, replace)
3-4 Turn ½ left onto right foot, Hold
5-6 Sway left, Sway right
7-8 Sway left, Hold

Easy Tags: 4 counts, 3 times facing the 12:00 o'clock wall,
sway right, left, right, left (weight ends on left foot), 1 time facing the 6:00 o'clock wall

Restarts: Two times facing the 6:00 o'clock wall, dance the first 8 counts then add a four count sway, Right, left, right, left, One time facing the 12:00 o'clock wall.

Sequence: 32 – 32 – 4 -32 – 12 – 32 – 32 – 4 – 32 – 12 – 32 – 32 – 4 – 32 – 12 – 32 – end 11
2 repetitions, then 4 count sway, 1 repetition, then 12 counts, repeat throughout the dance. EZ

End: Dance ends on the 12:00 o'clock wall, the first 8 counts, sway right, left, right, hold arms out to the side on the last count, weight on right foot.

Begin again

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