

Hey Rose

拍數: 64 牆數: 4 級數: Improver
編舞者: Silvia Schill (DE) - July 2021
音樂: Hey Rose - Matt Cooper



The dance begins with the vocals

S1: Side, touch r + l, side, close, ¼ turn r, touch

- 1-2 Step right with right - touch LF next to right.
- 3-4 Step left with left - touch RF next to left.
- 5-6 Step right with right - move LF next to right
- 7-8 ¼ turn right around and step forward with right - touch LF next to right (3 o'clock)

S2: Side, touch l + r, side, close, ¼ turn l, brush

- 1-2 Step left with left - touch RF next to left
- 3-4 Step right with right - touch LF next to right
- 5-6 Step left with left - move RF next to left
- 7-8 ¼ turn left around and step forward with left - swing RF forward (12 o'clock)

S3: Step, pivot ½ l, ½ turn l, hold, back, close, step, brush

- 1-2 Step forward with right - ½ turn left around on both balls, weight at end left (6 o'clock).
- 3-4 ½ turn left around and step back with right - hold (12 o'clock)
- 5-6 Step back with left - move RF next to left
- 7-8 Step forward with left - swing RF forward.

Restart: In the 4th round - direction 12 o'clock - stop here and start again from the beginning

S4: Step, lock, step, hold, step, pivot ½ r, step, hold

- 1-2 Step forward with right - cross LF behind right
- 3-4 Step forward with right - hold
- 5-6 Step forward with left - ½ turn right around on both balls, weight at end right (6 o'clock)
- 7-8 Step forward with left - hold

Restart: In the 2nd round - direction 9 o'clock - stop here and start again from the beginning

S5: Rocking chair, step, pivot ½ l, step, hold

- 1-2 Step forward with right - weight back on LF.
- 3-4 Step back with right - weight back on LF
- 5-6 Step forward with right - ½ turn left around on both balls, weight at end left (12 o'clock)
- 7-8 Step forward with right - hold

S6: Scissor step, hold l + r

- 1-2 Step left with left - move RF next to left
- 3-4 Cross LF over right - hold
- 5-6 Step right with right - move LF next to right
- 7-8 Cross RF over left - hold

S7: Side, behind, side, cross, rock side, cross, hold

- 1-2 Step left with left - cross RF behind left
- 3-4 Step left with left, cross RF over left
- 5-6 Step left with left - weight back on RF
- 7-8 Cross LF over right - hold

S8: ¼ turn l/toe strut back, ½ turn l/toe strut forward, rocking chair

- 1-2 ¼ turn left around and step back with right, touch down toe only - lower right heel (9 o'clock).

- 3-4 ½ turn left around and step forward with left, touch down toe only - lower left heel (3 o'clock)
- 5-6 Step forward with right - weight back on LF
- 7-8 Step back with right - weight back on LF

Repeat to the end

And don't forget to smile, because dancing is fun!

There is no guarantee for errors in the translation, content, spelling, etc.!

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