

Let's Me Fun!

拍數: 32 牆數: 2 級數: Novice - Polka
編舞者: Gwendoline HOPIN (FR), Martine Canonne (FR) & Laurent Chalon (BEL) -
November 2024
音樂: Roses - Jenna Raine
或: Roses (feat. Avery Anna) - Jenna Raine



****2 restarts**

INTRODUCTION: 32 COUNTS

Start with the music on the "Ooh" sound: (8 counts)

- 1-2-3 Hold the rosebud in both hands, raise your hands in front of you up to above your head while opening the rosebud.
4-5 (On the lyrics "Ooh-Ooh") Open right hand, then left hand.
6-7-8 Slowly lower your arms. On the lyrics "Don't go killing all my roses" perform the following 8 counts:

STEP R, SWEEP L, ROCK STEP, BACK L, SWEEP R, BACK R, TOGETHER L

- 1-2 Step forward with RF, make a circular motion with LF toe from back to front.
3-4 Step forward with LF, onto RF.
5-6 Step back with LF, make a circular motion with RF toe from front to back.
7-8 Place RF, bring LF next to RF (weight on LF).

Repeat the introduction sequence a second time.

STEP DESCRIPTIONS

SECTION 1: TRIPLE STEP, HITCH, TRIPLE STEP, HITCH, TRIPLE BACK HITCH, TRIPLE BACK, HITCH

- 1&2& Step forward with RF diagonally to right, LF next to it, step forward with RF diagonally to right, lift left knee.
3&4& Step forward with LF diagonally to left, RF next to it, step forward with LF diagonally to left, lift right knee.
5&6& Step back with RF diagonally to right, LF next to it, step back with RF diagonally to right, lift left knee.
7&8& Step back with LF diagonally to left, RF next to it, step back with LF diagonally to left, lift right knee.

SECTION 2: VAUDEVILLE STEP MODIFIED R&L, POINT R SWITCH POINT L, STEP TURN 1/2 L

- 1&2& Cross RF in front LF, step LF to left, right heel diagonally forward, ball step with RF to the right.
3&4& Cross LF in front RF, step RF to right, left heel diagonally forward, LF next to RF.
5&6& Point RF to right, RF next to LF, point LF to left, LF next to RF.
7-8 Step forward with RF, pivot 1/2 turn to left (6 o'clock).

RESTART on the 2nd and 5th walls.

SECTION 3: TRIPLE STEP 1/2 T L, TRIPLE STEP 1/4 T L, MAMBO STEP, COASTER STEP

- 1&2 Make a 1/4 turn to left stepping RF to right, LF next to it, make another 1/4 turn left stepping RF back (12 o'clock).
3&4 Make a 1/4 turn left stepping LF to left (9 o'clock), RF next to it, step LF to left.
(Option easy counts 1-4 for no turn : make triple step forward (RF, LF, RF), turn 1/4 right with triple side left)
5&6 Step forward with RF, shift weight back onto LF, RF next to LF.
7&8 Step back with LF, bring RF next to LF, step forward with LF.

SECTION 4: STEP TURN 1/2 L, TRIPLE STEP FWD, FULL TURN R, SCISSORS STEP 1/4 R

- 1-2 Step forward with RF, pivot 1/2 turn to the left (3 o'clock).
- 3&4 Step forward with RF, LF next to RF, step forward with RF.
- 5-6 Make a 1/2 turn right stepping LF back, make another 1/2 turn right stepping RF forward.
(Option easy for counts 5-6: Walk forward left, walk forward right.)
- 7&8 Step forward with LF, RF next to LF while making a 1/4 turn to right, cross LF in front of RF (6 o'clock).

RESTART THE DANCE FROM THE BEGINNING

- On the 2nd wall: RESTART after Section 2 (12 o'clock).
- On the 5th wall: RESTART after Section 2 (6 o'clock).

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