

Ropin' Pen (P)

拍數: 32 牆數: 0 級數: Partner
編舞者: Michelle Chandonnet (CAN) & Marc Archambault (CAN)
音樂: Ropin' Pen - Trent Willmon



Position: Right Open Promenade

MAN

STEP ¼ TURN, BEHIND, SWEEP, BEHIND, SIDE, ACROSS, SIDE ROCK

1-2 Step left ¼ turn to right position double hand hold OLOD, step right behind left

3-4 Sweep left to left, step left behind right

5-6 Step right to right, step left across in front of right

Position double hand hold

7-8 Rock right to right, rock back on left

WEAVE ¼ TURN, STEP ½ TURN, STEP FORWARD, SHUFFLE

1-2 Step right behind left, step left to left

3-4 Step right across in front of left, release right hand, step left back ¼ turn to right

Position left open promenade (RLOD). Release hands

5-6 Step right ½ turn to right, step left forward

Position right open promenade (LOD)

7&8 Shuffle forward right-left-right

ROCK STEP, SHUFFLE ½ TURN, STEP, PIVOT ½ TURN, SHUFFLE

1-2 Rock left forward, rock back on right

Release hands

3&4 Shuffle forward left-right-left ½ turn to left

5-6 Step right forward, pivot ½ turn to left

Position right open promenade

7&8 Shuffle forward right-left-right

WALK 2, SHUFFLE, WALK 2, SHUFFLE FORWARD

1-2 Steps left, right forward rolling lady in your right arm to finish in wrap position

3&4 Shuffle forward left-right-left

Keep hands joined and raise arms over lady's head

5-6 Steps right, left forward

Release left hand and pass right arm over lady's head

7&8 Shuffle forward right-left-right

Position right open promenade

REPEAT

LADY

STEP ¼ TURN, BEHIND, SWEEP, BEHIND, SIDE, ACROSS, SIDE ROCK

1-2 Step right ¼ turn to left position double hand hold ILOD, step left behind right

3-4 Sweep right to right, step right behind left

5-6 Step left to left, step right across in front of left

Position double hand hold

7-8 Rock left to left, rock back on right

WEAVE ¼ TURN, STEP ½ TURN, STEP FORWARD, SHUFFLE

1-2 Step left behind right, step right to right

3-4 Step left across in front of right, release left hand, step right back ¼ turn to left

Position left open promenade (RLOD), release hands

5-6 Step left ½ turn to left, step right forward

Position right open promenade (LOD)

7&8 Shuffle forward left-right-left

ROCK STEP, SHUFFLE ½ TURN, STEP, PIVOT ½ TURN, SHUFFLE

1-2 Rock right forward, rock back on left

Release hands

3&4 Shuffle forward right-left-right ½ turn to right

5-6 Step left forward, pivot ½ turn to right

Position right open promenade

7&8 Shuffle forward left-right-left

STEPS FULL TURN, SHUFFLE FORWARD, STEPS FULL TURN, TRIPLE STEP FULL TURN

1-2 Steps right, left forward full turn to left rolling in man's right arm in wrap position

3&4 Shuffle forward right-left-right

Keep hands joined and raise arms

5-6 Step left back ½ turn to right, step right forward ½ turn to right

Release right hand

7&8 Triple step forward left-right-left full turn to right

Option: shuffle forward left-right-left

Position right open promenade

REPEAT
