Roses Are Red

拍數: 32

級數: Intermediate

編舞者: Levi J. Hubbard (USA)

音樂: Roses are Red - Aqua

Start dance after the male voice says "come pick my roses"

SHUFFLE FORWARD, FORWARD ROCK-RECOVER, SHUFFLE BACKWARD, BACK ROCK-RECOVER

- 1&2 Shuffle forward stepping (right-left-right)
- 3 Step (rock) left forward, while slightly lifting right foot off floor
- 4 Lower foot right back to floor (recover)
- 5&6 Shuffle backward stepping (left-right-left)
- 7 Step (rock) right backward, while slightly lifting left foot off floor
- 8 Lower left foot back to floor (recover)

PADDLE TURNS (% TURN LEFT), DOUBLE KICKS, COASTER STEP, KICK-BALL CHANGE

- Pivot 1/2 turn left on (ball of) left foot, touching right toe out to side
- 10 Pivot ¼ turn left on (ball of) left foot, touching right toe out to side
- 11 Kick right forward

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- 12 Kick right forward
- 13 Step backward on (ball of) right foot
- & Step together on (ball of) left foot
- 14 Step right forward
- 15 Kick left slightly forward
- & Land on (ball of) left foot, while slightly lifting right foot off floor
- 16 Step right back to floor

1/2 PIVOT TURN (RIGHT), TOE SWITCHES, FORWARD ROCK-RECOVER, COASTER STEP

- 17 Step left forward
- On (balls of) both feet, pivot 1/2 turn right 18
- 19 Touch left toe slightly forward
- & Step left together
- 20 Touch right toe slightly forward
- & Step right together
- 21 Step (rock) left forward, while slightly lifting right foot off floor
- 22 Lower right foot back to floor (recover)
- 23 Step backward on (ball of) left foot
- & Step together on (ball of) right foot
- 24 Step left forward

DOUBLE KICKS, UP LIFT, ½ PIVOT TURN (LEFT), FULL SPIN (LEFT), STEP FORWARD

- 25 Kick right forward
- 26 Kick right forward
- 27 Step back on (ball of) right foot slightly lifting left foot off floor, lifting body slightly up in a lift
- 28 Lower left foot back to floor (lowering body back to original position)
- 29 Step right forward
- 30 On (balls of) both feet, pivot 1/2 turn left
- 31 Step slightly forward on (ball of) right foot & spin 1 full turn left
- 32 Step left forward

Easier option: if you don't like to spin then just walk forward (right, left)





牆數: 4

REPEAT