

# Become The Rose

**COPPER** **NOB**  
BY STEPHEN BRETZ

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Helena Jeppsson (SWE)  
音樂: The Rose - Westlife



## **BASIC NIGHTCLUB RIGHT, CROSS ROCK, SWAY, ¼ TURN RIGHT BASIC NIGHTCLUB, ¼ TURN LEFT, SWEEP, CROSS**

- 1            Take a big step with right foot to right side
- 2&          Cross rock left behind right, recover weight back onto right foot
- 3            Step left foot to left side
- 4&          Sway hips to right, left
- 5            Turn a ¼ turn to right and take a big step with right foot to right side
- 6&          Cross rock left foot behind right, recover weight back onto right foot
- 7            Turn a ¼ turn to left stepping forward on left and sweeping right foot back to front
- 8&          Cross right foot over left, step back on left foot

## **1 ½ TURN RIGHT, BEHIND, ¼ TURN LEFT, ½ TURN LEFT, ¾ TURN RIGHT WITH SWEEP, BEHIND, SIDE**

- 1            Turn a ½ turn to right stepping forward on right foot
- 2&          Turn a ½ turn to right stepping back on left, turn a ½ turn to right stepping forward on right
- 3            Step left foot beside right as turning a full turn to right, hitching right knee
- 4&          Step right foot behind left, turn a ¼ turn to left stepping forward on left
- 5            Step forward on right foot
- 6            Turn a ½ turn to left, weight on left
- 7            Turn a ¾ turn to right on left foot, sweeping right foot front to back
- 8&          Step right foot behind left, step left foot to left side

## **CROSS ROCK, SIDE, CROSS, FULL TURN RIGHT, SIDE, CROSS, BASIC NIGHTCLUB RIGHT, LEFT**

- 1            Cross rock right in front of left foot
- 2&          Recover weight back onto left foot, step right foot to right side
- 3&          Cross left foot over right foot, turn a full turn to right weight ends on left
- 4&          Step right foot to right side, step left in front of right foot
- 5            Take a big step with right foot to right side
- 6&          Cross rock left foot behind right foot, recover weight back onto right foot
- 7            Take a big step with left foot to left side
- 8&          Cross rock right foot behind left foot, recover weight back onto left foot

## **ROCK STEP, ½ TURN RIGHT, ROCK STEP, TOUCH BACK, ½ TURN RIGHT, STEP BACK, SIDE ROCK STEP**

- 1            Rock right foot forward
- 2&          Recover weight back onto left foot, turn a ½ turn to right stepping forward on right foot
- 3            Rock forward on left foot
- 4&          Recover weight back onto right foot, step left foot beside right foot
- 5            Touch right toe back
- 6            Turn a ½ turn to right weight on left
- 7&          Step back on right foot, step back on left foot
- 8&          Rock right foot to right side, recover weight onto left foot

## **REPEAT**

## **TAG**

Done at the end of 2nd wall and 4th wall

**BASIC NIGHTCLUB RIGHT, CROSS ROCK, ¼ TURN LEFT, ¾ TURN LEFT**

- 1-2& Take a big step with right foot to right side, cross rock left behind right, recover weight on right
- 3 Turn a ¼ turn to left stepping forward on left
- 4& Step forward on right foot, turn ¾ turn to left
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