

Become The Rose

COPPER **NOB**
BY STEPHENETS

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

級數: Intermediate



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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