Ken's Rose



拍數: 64 牆數: 4 級數: Improver - Country

編舞者: Liz Allcock (UK) - April 2014

音樂: Like a Rose - Ashley Monroe : (Album: Like A Rose)



Section 1:□Rumba Box

1-4 Step right to right side, step left next to right, step right forward, hold 5-8 Step left to left side, step right next to left, step left back, hold

Section 2: □Lock Step, Coaster Step

Step right back, lock left in front of right, step back on right, holdStep back on left, step right next to left, step forward on left, hold

Section 3:□Lock Step Forward x 2

1-4 Step forward on right, lock left behind right, step right forward, brush left forward

5-8 Step forward on left, lock right behind left, brush right forward

Section 4: ☐ Modified Jaz Box

1-4 Cross right over left, step back on left, step right to right, hold 5-8 Cross left over right, step back on right, step left to left, hold

Restart here on Wall 4 facing 9 O'clock

Section 5: ☐ Grapevine Right, Grapevine Left 1/4 turn

1-4 Step right to right side, step left behind right, step right to right, touch left next to right

5-8 Step left to left side, step right behind, step left forward, turn 1/4 turn left

Section 6: □Full Turn Forward, Mambo Step

1-4
 5-8
 1/2 turn left stepping back on right, 1/2 turn left stepping forward on left
 Step forward on left, rock weight back onto right, step left next to right

Section 7: □Sailor Step x 2

1-4 Step right behind left, step ball of left to side, step right next to left

5-8 Step left behind right, step ball of right to right side, step left next to right

Section 8: □1/2 turn left, Rock recover cross

1-4 Step forward on right, make 1/2 turn left, step forward on right
5-8 Rock to left on left, recover on right, step left across right

Section 6 - Alternative step to replace full turn. Right Mambo.

Restart after Count 8, Section 4, on wall 4 facing 9 O'clock

This dance is choreographed while grieving for my late Husband, Ken. I hope that I can come out like a rose.

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