

Rose From The Sea

Count: 32

Wall: 4

Level: Improver

Choreographer: Rep Ghazali-Meaney, Scotland (Oct 2016)

Music: Rosa Del Mar by Gabe Garcia - 105 bpm

#16 count intro.

Music Available on download from iTunes and Amazon 11th Nov 2016

[01-08] R HEEL-TOE, R SHUFFLE FWD, L ROCK FWD, L ½ TURN SHUFFLE

- 1-2 touch Right heel forward, touch Right toe back
3&4 step forward Right, step Left together, step forward Right
5-6 rock forward Left, recover Right
7&8 ½ turn Left by stepping forward Left, step Right together, step forward Left (6)

[09-16] R ½ TURN SHUFFLE, L ROCK BACK, SKATE L-SKATE R, L SHUFFLE FWD

- 1&2 ½ turn Left by stepping back Right, step Left together, step Right together
3-4 rock back Left, recover on Right
5-6 skate forward Left, skate forward Right
7&8 step forward Left, step Right together, step forward Left (12)

[17-24] R FWD-¼ PIVOT R CROSS SHUFFLE, ¼ TURN R-½ TURN R, L FORWARD ROCK-RECOVER

- 1-2 step forward Right, ¼ pivot turn Left (9)
3&4 cross Right over Left, step Left to Left side, cross Right over Left
5-6 ¼ turn Right by stepping back Left, ½ turn Right by stepping forward Right (6)
7-8 rock forward Left, recover on Right (6)

[25-32] L ¼ SIDE ROCK-RECOVER, L SAILOR ¼ TURN, R CROSS-L ¼ TURN HITCH, L SHUFFLE FWD

- 1-2 make ¼ turn Left by rocking Left to Left side, recover on Right (3)
3&4 make ¼ turn Left by sweeping and stepping Left behind Right, step Right to Right side, step Left to Left side (12)
5-6 cross Right over Left, ¼ turn Right by hitching up on Left (3)
7&8 step forward Left, step Right together, step forward Left (3)

Ending:

Wall 11 - will be facing 6 o'clock, dance up to count 24 (will be facing 12 o'clock wall) then add : rock back Left, recover on Right, step forward Left..hold and pose..taraaaa !