

The Banks of The Roses

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Count: 34 **Wall:** 2 **Level:** Improver

Choreographer: Tina Argyle - May 2017

Music: The Banks Of The Roses by Nathan Carter - iTunes etc...

Sequence: A, A, B, C, C, C, A, B, C, C, C, "Tag", C, C, C, C

Intro: 8 counts

Section A: 32 COUNTS

A1) [1 - 8] Vine ½ with scuff, Vine with scuff

1, 2, 3, 4 Step Rf to right side (1), step Lf behind Rf (2), turn ¼ right stepping forward on Rf (3), turn ¼ right still on Rf while scuffing Lf towards left diagonal (4)

5, 6, 7, 8 Step Lf to left side (5), step Rf behind Lf (6), step Lf to left side (7), scuff Rf across Lf (8)

A2) [1 - 8] Cross rock, Side rock, Behind rock, ¼, ¼

1, 2, 3, 4 Cross rock Rf over Lf (1), recover on Lf (2), Side rock Rf to right side (3), recover on Lf (4)

5, 6, 7, 8 Cross rock Rf behind Lf (5), recover on Lf (6), turn ¼ left stepping back on Rf (7), turn ¼ left stepping Lf to left side (8)

During counts 5 - 8, wiggle your head from side to side (L, R, L, R) on each count

A3) [1 - 8]* Lock step with scuff, Lock step with scuff

1, 2, 3, 4 Rf step forward (1), lock Lf behind Rf (2), Rf step forward (3), scuff Lf forward (4)

5, 6, 7, 8 Lf step forward (5), lock Rf behind Lf (6), Lf step forward (7), scuff Rf forward (8)

A4) [1 - 8] Figure 8

1, 2, 3, 4 Rf step to right side (1), step Lf behind Rf (2), turn ¼ right stepping forward on Rf (3), step forward on Lf (4)

5, 6, 7, 8 Pivot ½ right stepping forward on Rf (5), turn ¼ right stepping Lf to left side (6), step Rf behind Lf (7), step Lf to left side (8)

Section B: 32 COUNTS

B1) [1 - 8] Kick, Hold, Hook, Kick, Close, Kick, Hook, Kick

- 1, 2, 3, 4** Kick Rf forward with arms over your head and out (like a Y) with palms facing forward (1), Hold (2), hook Rf across left knee and let the arms fall down (3), kick Rf forward (4),
- 5, 6, 7, 8** Step Rf together (5), kick Lf forward (6), hook Lf across right knee (7), kick Lf forward (8)

B2) [1 - 8] Stomp, Hold, Back, Kick, Back rock, Step, Touch

- 1, 2, 3, 4** Stomp Lf forward bending/pressing left knee with arms out to the sides, palms facing back (1), Hold (2), recover on Rf (3), kick Lf forward (4),
- 5, 6, 7, 8** Rock back on Lf (5), recover on Rf (6), step Lf forward (7), touch Rf next to Lf (8)

B3) [1 - 8] Knee pop, Hold, Knee pop, Knee pop, Jazzbox

- 1, 2, 3, 4** Pop right knee in towards left knee with arms a little bent above your head looking a little down to the right (like you are smelling your armpit) ("Elvis move")(1), Hold (2), pop left knee in towards right knee (3), pop right knee in towards left knee (4)
- 5, 6, 7, 8** Cross Rf over Lf while letting your arms down (5), step back on Lf (6), step Rf a little to right side (7), cross Lf over Rf (8)

B4) [1 - 8] Back, Touch, Back, Touch, Walk 4

- 1, 2, 3, 4** Rf step back (on the diagonal) arms up to the left (1), touch Lf next to Rf while bringing your arms down to the right side and snap your fingers (2), Lf step back (on the diagonal) arms up to the right (3), touch Rf next to Lf while bringing your arms down to the left side and snap your fingers (4),
- 5, 6, 7, 8** Walk R, L, R, L (5, 6, 7, 8)

Section C: 32 COUNTS

C1) [1 - 8] Heel, Toe, Heel, Close, Heel, Toe, Heel, Close

- 1, 2, 3, 4** Touch heel of Rf forward (crossing Lf) (1), touch toes of Rf diagonally back (2), touch heel of Rf forward (crossing Lf) (3), step Rf together (4)
- 5, 6, 7, 8** Touch heel of Lf forward (crossing Rf) (5), touch toes of Lf diagonally back (6), touch heel of Lf forward (crossing Rf) (7), step Lf together (8)

C2) [1 - 8] ¼ touch, ¼ touch, ¼ touch, ¼ touch

- 1, 2, 3, 4** Turn ¼ left stepping Rf to the side (1), touch Lf next to Rf (2), turn ¼ left stepping forward on Lf (3), touch Rf next to Lf (4),

5, 6, 7, 8 Turn ¼ left stepping back on Rf (5), touch Lf next to Rf (6), turn ¼ left stepping Lf to the left side (7), touch Rf next to Lf (8). These steps creates something like a box, and you are “travelling” left (based on 12 o’clock wall). Don’t overdo these steps technically, it’s really only 4 step touches turning left until you’re back towards 12 o’clock wall..... Feel free to snap your fingers on the touches .

C3) [1 - 8] Vine with cross, Slide, Drag, Together

1, 2, 3, 4 Step Rf to right side (1), step Lf behind Rf (2), step Rf to right side (3), cross Lf over Rf (4)

5, 6, 7, 8 Slide (a little longer step) Rf to the right for two counts putting weight on Rf (5,6), drag Lf towards Rf and step together with Rf over two counts (7,8). Weight is on both feet and shoulder width apart

C4) [1 - 8] Apple jacks, Kick, Hold, Run and kick 3**

1&2&3& With weight on heel of Lf and on toes of Rf turn toes of Lf and heel of Rf to the left (to form a ‘V’) (1), back to center (&), with weight on heel of Rf and on toes of Lf turn toes of Rf and heel of Lf to right (to form a ‘V’) (2), back to center (&), With weight on heel of Lf and on toes of Rf turn toes of Lf and heel of Rf to the left (to form a ‘V’) (3), back to center with weight on Rf (&)

4, 5, 6, 7, 8 Kick Lf forward moving Lf slowly up (i.e. not a firm, static kick) (4), Hold (5), step Lf next to Rf while kicking and running in place leaning upper body slightly back R, L, R (6, 7, 8)*** (feet flexed when kicking)

***: “Tag” = simply do part 3 and 4 of section A**

**** Easier options for counts 1 - 3&, section C (part 4): Any kind of twist or swivel, syncopated is optional.**

On & (after count 3), make sure your weight is on the Rf.

***** Somewhat less intense (but still fast) moves for 6, 7, 8 part 4 of section C: stay in place and kick forward.**

Each step together is then considered an &-count.

Choreographer note: the level - high improver - is set due to the many steps, quick tempo and the apple jacks.

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