

## No Bed Of Roses

IMPROVER

64 Count 4 Walls

Choreographed by: Martine Canonne

Choreographed to: No Bed Of Roses by Rose Alleyson

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### Section 1 RUMBA BOX LEFT FORWARD, HOLD, ROCKING CHAIR

1 - 4 Step left to side, step right together, step left forward, hold

5 - 8 Step right forward, recover to left, step right back, recover to left (12:00)

### Section 2 STEP TURN LEFT STEP, HOLD, 1/2 TURN RIGHT, 1/4 TURN RIGHT, CROSS LEFT, HOLD

1 - 4 Step right forward, , turn 1/2 left (weight on left) and step right forward, hold (06:00)

5 - 8 Turn 1/2 right (left foot back), turn 1/4 right (right foot side) and cross left over right, hold (03:00)

### Section 3 RUMBA BOX RIGHT FORWARD, HOLD, ROCKING CHAIR

1 - 4 Step right to side, step left together, step right forward, hold

5 - 8 Step left forward, recover to right, step left back, recover to right (03:00)

### Section 4 STEP TURN RIGHT STEP, HOLD, 1/2 TURN RIGHT, 1/4 TURN RIGHT, CROSS LEFT, HOLD

1 - 4 Step left forward, turn 1/2 right (weight on right) and step left forward, hold (09:00)

5 - 8 Turn 1/2 left (right foot back), turn 1/4 left (left foot side) and cross right over left, hold (12:00)

### Section 5 SCISSOR CROSS, HOLD, SCISSOR CROSS, SWEEP LEFT

1 - 4 Step left to side, step right together, cross left over right, hold

5 - 8 Step right to side, step left together, cross right over left, sweep left (12:00)

### Section 6 WEAVE, SWEEP RIGHT, ROCK BACK, SIDE, HOLD

1 - 4 Cross left over right, step right to side, cross left behind right, sweep right

5 - 8 Step right back, recover to left, step right to side, hold (12:00)

### Section 7 ROCK BACK LEFT, 1/4 TURN RIGHT, HOLD, COASTER STEP, HOLD

1 - 4 Step left back, recover to right, turn 1/4 right and step left back, hold (03:00)

5 - 8 Right coaster step, hold

### Section 8 SIDE TOGETHER, 1/4 TURN LEFT, HOLD, STEP 1/4 TURN LEFT, CROSS, HOLD

1 - 4 Step left to side, step right together, turn 1/4 left and step forward left, hold (12:00)

5 - 8 Step right forward, turn 1/4 left, cross right over left, hold (09:00)

NOTA Dancer must slow down when the music slow down at 3mn20 so follow the rhythm

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