

RUN FOR THE ROSES



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Music/Artist: Run For The Roses/Dan Fogelberg

CD: Epic CD EK67374 Dan Fogelberg Love Songs Track 6
and other Epic CD's (Available at local shops or contact Choreographers)

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PHASE & RHYTHM: ROUNDALAB Phase IV+2+1 unph WALTZ
[Right Lunge Roll & Slip, Reverse Fallaway & Slip] [Closed Change]

SPEED/TIME: 87 BPM/4:14

FOOTWORK: Opposite unless indicated. Directions given for man, woman's directions in ().

SEQUENCE: INTRO, A, B, C, B, C, END

NOTE: Non standard abbreviations: RHS = Right Hand Star, LHS = Left Hand Star

INTRO

1-4 [wait]; FWD & SWVL [LHS]; FWD & SWVL [RHS]; OVRTRND TWRL to SKTRS [DLC];

[1] RHS DLW both w/ R ft free ptd bk & sd wait one meas; [2] fwd R, swvl RF on R, pt L sd & bk to LHS; [3] fwd L, swvl LF on L, pt R sd & bk to RHS; [4] curv slightly LF [ld W to twrl RF undr jd R-R hds] fwd R, fwd L, cl R (*sd & fwd L trng 1/2 RF, sd & bk trng 1/2 RF, cont trn sd R*) to SKTRS DLC;

5-8 [SKTRS] DIA TRN; ; ; ;

[same ft work meas 5 thru 15] [5-8] fwd L commencg LF trn, sd R tng 1/4 LF, bk L; bk R cont LF trn, sd L trng 1/4 LF, fwd R; fwd L cont LF trn, sd R tng 1/4 LF, bk L; bk R cont LF trn, sd L trng 1/4 LF, fwd R twd DLC;

9-12 LEFT FT WEAVE; ; CL CHG; CROSS PVT;

[9-10] fwd L trng LF, sd & bk R twd DLC, bk L; bk R trng LF, sd & slightly fwd L, fwd R twd DLW; [11] fwd L w/ slight LF trn, sd & fwd R, cl L; [12] fwd R trng RF to L SKTRS [chgg to jd R-R hds], sd L contg RF trn, fwd R twd DLC;

13-16 LEFT CROSS PVT; OP NAT; BK 2 ~ HEST CHG LDY ROLL PKUP TRANS; [DLC];

[13] fwd L trng LF to SKTRS [chgg to jd L-L hds], sd R contg LF trn, fwd L twd DLW; [14] commencg RF trn fwd R, sd L, cont slight RF trn bk R; [15-16] w/ R sd ld bk L, bk R, bk L commencg RF trn on L; [releasg hd hold] cont RF trn sd R twd DLW, draw L to R, tch L (*cont RF trn sd R twd DLW trng 1/2 on ball of R ft to fc M, cl L, tch R*) to CP DLC;

PART A

1-4 DIA TRN; ; ; ;

[begin opp footwork] [1-4] fwd L commencg LF trn, sd R trng 1/4 LF, bk L BJO; cont in BJO bk R cont trn, sd L trng 1/4 LF, fwd R; fwd L cont LF trn, sd R trng 1/4 LF, bk L; bk R cont LF trn, sd L trng 1/4 LF, fwd R to BJO DLC;

5-8 HOVR TELE; WEAVE [SCP]; ; NAT HOVR FALLAWY;

[5] fwd L, diag sd & fwd R rising trng 1/8 RF, fwd L to SCP DLC; [6-7] [lowerg] fwd R, fwd L trng LF to CP, sd & slightly bk R (*fwd L, trng LF sd R, contg LF trn on R fwd L*) twd DLC; bk L twd DLC, bk R trng LF to CP, sd & fwd L to SCP DLW; [8] fwd R commencg RF trn, fwd L on toe trng RF w/ slow rise, rec bk R to SCP DRW;

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PART A (Continued)

9-12 SLIP PVT [CP DLW]; RIGHT LUNGE ROLL & SLIP; CL TELE; MANUV;

[9] bk L, bk R trng LF keepg L leg xtndd, fwd L (**bk R commencg LF pvt of ball of R ft, cont LF trn fwd L plcg ft near M's R ft, bk R**) to CP DLW; [10] sd & fwd R, rollg upper body RF 3/8 rec L commencg LF trn, slip R past L (**fwd R**) trng 1/4 LF to CP DLC; [11] fwd L, fwd & sd ard W trng LF, fwd & sd L (**bk R commencg RF heel trn on R, cont LF trn on R & chg wgt to L, bk & sd R**) to BJO DLW; [12] commencg RF trn fwd R, cont RF trn to fc W sd L, cl R to CP RLOD;

13-16 SPIN TN; BOX FIN; 2 LEFT TRNS; [DLW];

[13] commencg RF trn bk on L toe pvtg 1/2 RF, fwd R btw W's feet leavg L leg xtndd bk & sd, rec sd & bk L (**fwd R btw M's feet pvtg 1/2 RF on R, bk L cont trn brush R to L, sd & fwd R**) to CP DLW; [14] bk R trng 1/4 LF, sd L, cl R to CP DLC; [15-16] fwd L trng 1/4 LF, cont trn sd R, cl L; bk R trng 1/4 LF, cont trn sd L, cl R to CP DLW; [3] fwd L w/ slight LF trn, sd & fwd R, cl L to CP DLW;

PART B

1-4 CL CHG; ; MANUV ; 2 RIGHT TRNS; [DLW];

[1] fwd L w/ slight LF trn, sd & fwd R, cl L; [2] commencg RF trn fwd R, cont RF trn to fc W sd L, cl R to CP RLOD; [3-4] bk L trng 1/8 RF, sd R trng 1/4 RF, cl L; fwd R trng 1/4 sd L trng 1/4 RF. cl R to CP DLW;

5-8 WHISK; WING; REV FALLAWAY SLIP ~ to a HOVER CORTE ENDG; ;

[5] trng RF fwd L to CP DLW, fwd & sd R w/ rise, XLib cont rise to SCP DLC; [6] fwd R, draw L to R, tch L trng upper bdy LF (**fwd L Xif of M trng slightly LF, [keepg head well L] fwd R ard M cont trng LF, fwd L ard M cont trng LF**) to SCAR DLC; [7-8] fwd L trng LF, sd R, XLib (**bk R, bk L w/ L sd ld in fallaway position, bk R trng undr bdy trng 5/8 LF as stp is completed**) to SCP DRW; trng LF slip R bk past L toeg in contg trn 1/4 LF CP WALL, sd & fwd L rising w/ hovr action trng 1/8 LF, rec bk R (**cont trn LF slip L fwd past R to CP, cont trn sd & fwd R rising w/ hovr action, rec L**) to BJO LOD;

9-12 BK WHISK ; WING ; CL TELE; OP NAT;

[9] twd DRW bk L, bk & sd R w/ rise, XLib cont rise (**fwd R, fwd & sd L w rise, XRib cont rise**) to SCP DLC; [10] repeat Part B meas 6; [11] M stpg outsd W repeat Part A meas 11; [12] repeat Intro meas 14;

13-16 BK PASSING CHG; OP FIN; HOVR; SLOW SD LK;

[13] w/ R sd ld bk L, bk R, Bk L; [14] bk R trng LF, sd & fwd L, fwd R BJO DLW; [15] fwd L, fwd & sd R w/ rise, rec L to SCP DLC; [16] thru R, sd & fwd L to CP, XRib trng LF (**thru L commencg LF trn, sd & bk R cont trn to CP, XLif**) to CP DLC;

PART C

1-4 OP REV TN; REV TWRL VN [BFLY COH]; FENCING LINE [CP] ; OP FIN [BJO DRW];

[1] fwd L trng 1/4 LF, contg trn sd R, bk L BJO; [2] [ldg W to twirl LF] bk & sd R twd LOD, XLib, sd R (**fwd L trng 1/2 LF, sd & bk R trng 1/2 LF, sd L**) to BFLY COH; [3] twd LOD

cross lunge thru L, rec R, sd L to CP COH; [4] repeat Part B meas 14 to BJO DRW;

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PART C (Continued)

5-8 OP REV TN; REV TWRL VN [BFLY WALL]; FENCING LINE [CP]; CL FIN [CP DLW];

[5-6] movg twd RLOD repeat Part C meas 1 & 2 to BFLY WALL; [7] twd RLOD repeat Part C meas 3 to CP WALL; [8] bk R trng LF, sd & fwd L, cl R to CP DLW;

9-12 CL CHG; MANUV; SPIN TURN; HALF BOX BK [CP DLW];

[9] repeat Part B meas 1; [10] repeat Part A Meas 12; [11] repeat Part A meas 13; [12] bk R, sd L, cl R CP DLW;

13-16 SD DRAW TCH; SD DRAW TCH [BJO]; OUTSD SWVL; THRU SD BHD;

[13] sd L twd DLC, draw R to L, tch R; [14] sd R twd DRW draw L to R, tch L adjg to BJO DLW; [15] bk L, XRif no wgt (*fwd R, swvl RF on ball of R ft*) to SCP DLC. -; [16] thru R, sd L twd LOD, XRib;

17-20 SOLO TRN 3 [CP WALL]; PKUP SD CL [CP DLW]; SD DRAW TCH ; SD DRAW TCH;

[17] trng LF fwd L twd LOD, sd R twd LOD cont trng 1/2 LF, cont trn cl L to CP WALL; [18] thru R trng 1/8 LF, sd L, cl R CP DLW; [19-20] repeat Part C meas 13 & 14 to CP DLW;

END

1-4 BK APT 3 LDY TRANS [RHS]; FWD & SWVL [LHS]; FWD & SWVL [RHS];

OVRTRND TWRL TO SKTRS [DLC];

[1] [small stps] bk L, bk R, cl L (*bk R, bk L, tch R*) to RHS DLW; [2-4] repeat Intro meas 2 thru 4; ; ;

5-8 [SKTRS] DIA TRN; ; ; ;

[same ft work meas 5 thru 17] [5-8] repeat Intro meas 5 thru 8; ; ; ;

9-12 LEFT FT WEAVE; ; CL CHG; CROSS PVT;

[9-12] repeat Intro meas 9 thru 12; ; ; ;

13-16 L CROSS PVT; OP NAT; BK PASSING CHG; BK TRNG L to a PROM SWAY;

[13-14] repeat Intro meas 13 & 14; ; [15] repeat Part B meas 13; [16] bk R trng LF, sd L & fwd L twd LOD leaving R leg xtndd stretchg L sd of bdy slightly upward to look twd jnd L-L hds, relax L knee;

17 OVERSWAY;

cont to lower into relaxd L knee trng slightly LF keeping R leg xtndd, maintaing sway, -; [hold as music fades]

RUN FOR THE ROSES

PHASE IV+2+1UP WALTZ (45 RPM)

INTRODUCTION IS FROM RIGHT HAND STAR DLW, WAIT ONE MEASURE BOTH WITH RIGHT FOOT FREE POINTED SIDE & BACK, STEP FORWARD & SWIVEL TO LEFT HAND STAR, STEP FORWARD & SWIVEL TO RIGHT HAND STAR, LADY RIGHT FACE TWIRL TO SHADOW SKATERS DLC, SKATERS DIAMOND TURN...

INTRO [wait]; FWD & SWVL[LFT HD STAR]; FWD & SWVL [RGT HD STAR];
TWRL OVRTRND TO SKTRS[DLC];
[IN SKTRS] DIA TRN ; ; ;
LFT FOOT WEAVE; ; CLD CHG; X PVT;
LFT X PVT; OP NAT; BK 2 to a HEST CHG LDY ROLL PKUP TRANS [DLC]; ;

A DIA TRN; ; ; ;
HOVR TELE; WEAVE TO SEMI; ; NAT HOVER FALLAWAY;
SLIP PVT TO CP [DLW]; RGT LUNGE ROLL & SLIP[DLC]; CLD TELE; MANUV;
SPIN TRN; BOX FIN; 2 LFT TRNS; [DLW];

B CLD CHG; MANUV; 2 RGT TRNS; [DLW];
WHISK; WING; REV FALLAWY SLIP w/ HOVR CORTE ENDG; ;
BK WHISK; WING; CLD TELE; OP NAT;
BK PASSING CHG; OP FIN[DLW]; HOVR; SLO SD LK;

C OP REV TRN; REV TWRL VN[BFLY/COH]; FENCING LINE; OP FIN[DRW];
OP REV TRN; REV TWRL VN[BFLY/WALL]; FENCING LINE; CLD FIN[DLW];
CLD CHG; MANUV; OVRSPIN TRN; HLF BOX BK[DLW];
SD DRW TCH LFT; SD DRW TCH RGT[BJO]; OUTSD SWVL; THRU,SD,BHD;
SOLO ROLL 3; PKUP IN 3[DLW]; SD DRW TCH LFT; SD DRW TCH RGT;

[REPEAT B & C]

END BK APT 3 TO RGT HD STAR[LDY TRANS]; FWD & SWVL[LFT HD STAR];
FWD & SWVL[RGT HD STAR]; TWRL OVRTRND TO SKTRS[DLC];
[IN SKTRS] DIA TRN; ; ; ;
LFT FOOT WEAVE; ; CLD CHG; X PVT ;
LFT X PVT; OP NAT; BK PASSING CHG; BK TRNG LFT TO A PROM SWAY;
SLO OVRSWAY;