

Red Solo Cup

Count: 64

Wand: 2

Ebene: Phrased Low Intermediate

Choreograf/in: Donna Manning (USA) - October 2011

Musik: Red Solo Cup - Toby Keith



16 count intro, start on vocals - Sequence AA,BB,AA,BB,AA,talking, B to the end
During talking section sway R on the word Red, L on Cup, R on friend, and L again on friend.
Keep dancing B through to the end.

A – 32 counts

Heel, Hook, Heel, Flick, Right Forward Shuffle

1,2,3,4 R heel touch front, R foot hook across L shin, R heel touch front, R heel flick to R side

5,6,7,8 R step forward, L together next to R, R step forward, HOLD

Heel, Hook, Heel, Flick, Left Forward Shuffle

1,2,3,4 L heel touch front, L foot hook across R shin, L heel touch front, L heel flick to L side

5,6,7,8 L step forward, R together next to L, L step forward, HOLD

R Mambo, L Back Coaster

1,2,3,4 R forward rock, Recover weight to L, Step back on R, HOLD

5,6,7,8 Step L back, Step R back together to L, Step L forward, HOLD

Step Half Turn, Press R to Side, Touch R to L Foot

1,2 Step R forward, Hold

3,4 Turn ½ L on ball of R taking weight to Left foot

5,6 Small squat to R (down on 5 recover weight to L on 6)

7,8 Touch R next to L, HOLD

B – 32 counts

Weave Right, Side Rock Cross, Hold

1,2,3,4 R to right side, L cross behind R, R to right side, Cross L over R

5,6,7,8 R side rock recover L and cross R over L, HOLD

Weave Left, Side Rock Cross, Hold

1,2,3,4 L to left side, R cross behind L, L to left side, Cross R over L

5,6,7,8 L side rock recover R and cross L over R, HOLD (angle body to diagonal)

R Forward Shuffle to diagonal, L Mambo ½ Turn L

1,2,3,4 R forward to diagonal, Step L together, Step R forward to diagonal, HOLD

5,6,7,8 L forward Mambo ½ turn L to opposite diagonal, HOLD

R Forward Shuffle to diagonal, L Cross Rock Recover, Side Touch

1,2,3,4 R forward to diagonal, Step L together, Step R forward to diagonal, HOLD

5,6,7,8 L Cross Rock, Recover R, Step L to L side (straighten up to front or back), Touch R next to L

Start again!!! Have fun!