

Red Dress

Count: 48

Wall: 4

Level: High Improver

Choreographer: Pauline Gilroy (NZ) & Melissa Mulligan (NZ) - April 2025

Music: Red Dress - Sophia Scott



Intro: approx 7 secs before the singing starts

[1-8] Walk R, L shuffle rock recover shuffle 1/2 (6)

- 1,2 Walk forward right (1) forward left (2)
- 3&4 shuffle forward right (3) left (&) right (4)
- 5,6 weight on right foot, step left foot forward (5) recover on right (6)
- 7&8 shuffle 1/2 turn over left shoulder, left (7) right (&) left (8)

[9-16] Shuffle 1/2 (12), coaster step kick ball change step and touch

- 1&2 Continue to shuffle 1/2 over left shoulder, right (1), left (&), right (2) facing 12
- 3&4 step left foot back (3) right beside left (&) left foot forward (4)
- 5&6 kick right foot forward (5) return beside left (&) recover left (6)
- 7,8 step right forward (7) touch toe behind right(8)

[17-24] Step back drag sailor step ball cross unwind 1/2 heel bump 1/4

- 1,2 Step left foot back (1), drag right foot toward left (2)
- 3&4 continue to drag behind left to a sailor step, behind (3) side (&) right (4)
- &5,6 bring left beside right (&), cross right over left (5), unwind 1/2 turn (6) facing 6
- 7,8 heel drop 1/8 (7) heel drop 1/8 (8)

[25-32] hip bump rlr, hip bump lrl kick open open hip roll

- 1&2 step right foot forward hip bump right (1) left (&) right (2) optional twist foot
- 3&4 step left foot forward hip bump left (3) right (&) left (4) optional twist foot
- 5&6 kick right forward (5) and recover right foot out (&) left foot out (6)
- 7,8 slow hip roll left (7) right (8)

[33-40] heel, toe, point right, point left, lean right 1/4 turn step through 1/4 right

- 1&2& Right heel forward (1) recover right beside left (&) left toe behind (2) return left beside right
- 3&4& Point right toe to the right (3) return beside left (&) point left toe to left (4) return beside right (&)
- 5,6 shift weight to right (5) 1/4 turn to 12 (6)
- 7,8 step right foot forward (7) on toes 1/4 turn (8) now facing 9

[41-48] syncopated rocking chair 1/8, stomp, stomp reverse body roll

- 1&2& Angle your body slightly left, right foot forward (1) left recover (&) right foot back (2) left recover (&)
- 3&4& right heel forward (3) recover left (&) right foot back (4) recover left (&)
- 5,6 stomp right (5), stomp left (6)
- 7,8 bend forward (7) roll body up (8)

Restart happens on the second wall (9 o'clock) after the 32 count. You will be facing 12 o'clock after the slow hip roll, restart.

The dance ends after 16 counts. The rotation starts at 3 o'clock with step toe touch behind, this can turn into a curtsey facing 12 o'clock.

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