

Red (zh)

拍数: 64 墙数: 2 级数: Intermediate/Advanced
编舞者: Daniel Whittaker (UK) - 2011年02月
音乐: Red (Moto Blanco Radio Remix) - Daniel Merriweather : (3:42)



第一段 Stomp, Sailor ½ Turn, ¼ Turn Hold

- 1-2 Stomp right foot forward, Hold (12:00) 右足前踏, 候(面向12點鐘)
3&4 step left behind right, ¼ turn left step right beside left, make ¼ turn left step left slightly forward (6:00)
左足於右足後踏, 左轉90度右足併踏, 左轉90度左足略前踏(面向6點鐘)
5-8 Step right forward, make ½ turn right step left back, make ¼ turn right step right forward, hold (3:00)
右足前踏, 右轉180度左足後踏, 右轉90度右足前踏, 候(面向3點鐘)

第二段 & Step, Brush Hitch, 3x Touch Steps

- &1-2 Step left beside right, step forward right, brush left beside right as you hitch your left knee (3:00)
左足併踏, 右足前踏, 左足前刷併踏左膝抬(面向3點鐘)
3&4 as you return your left foot back in place brush left beside right stepping back left, touch right toe in front of left
左足刷, 左足後踏, 右足趾於左足前點
5-6 Step back right, touch left in front of right
右足後踏, 左足於右足前點
7-8 Step back left, touch right in front on left
左足後踏, 右足於左足前點

第三段 Weave Sailor Step, ½ Hinge, Chasse

- &1-2 Step right beside left, cross left over right, step right to right side 右足併踏, 左足於右足前交叉踏, 右足右踏
3&4 Cross left behind right, step right beside left, step left to left side 左足於右足後交叉踏, 右足併踏, 左足左踏
5-6 Cross right over left, make ¼ turn right stepping left back left (6:00) 右足於左足前交叉踏, 右轉90度左足左踏(面向6點鐘)
7&8 Make ¼ turn right stepping right to right side, close left to right, step right to right side (9:00)
右轉90度右足右踏, 左足併踏, 右足右踏(面向9點鐘)

第四段 Heel Grind, Touch Ball Heel X2

- 1-2 Step left foot forward turning toes inwards, now push toes out to face left diagonal 左足前踏雙足趾向內, 雙足踵轉向左斜角
3&4 Touch right toe beside left heel, step back on right, touch left heel forward 右足趾併左足踵點, 右足後踏, 左足踵前點
& Step weight on left bring right beside left
重心在左足右足併踏
5-6 Step right foot forward turning toes inwards, now push toes out to face right diagonal 右足前踏雙足趾向內, 雙足踵轉向右斜角
7&8 Touch left toe beside right heel, step back on left, touch right heel forward 左足趾併右足踵點, 左足後踏, 右足踵前點

第五段 Jazz Box ¼ Turn, Side Rock, Sailor Step, Kick Side Point

- &1-2 Step right beside left, cross left over right, make ¼ turn left step right foot back (6:00)
右足併踏, 左足於右足前交叉踏, 左轉90度右足後踏(面向6點鐘)
3-4 Rock left to left side, recover weight on to right
左足左下沉, 右足回復

- 5&6 Step left behind right, step right beside left, step left to left side 左足於右足後踏, 右足併踏, 左足左踏
7&8 Kick right foot forward, step right beside left, touch left to left side 右足前踢, 右足併踏, 左足左點

第六段 Back Rock, ½ Step Back, Sailor ½ Turn Cross Hold, Cross Shuffle

- 1-3 Rock left foot back, recover weight on right, ½ turn right step left foot back (facing 12:00)
左足後下沉, 右足回復, 右轉180度左足後踏(面向12點鐘)
4&5 Step right foot behind left, make ¼ turn right stepping left beside right, make ¼ turn right crossing right
over left
右足於左足後踏, 右轉90度左足併踏, 右轉90度右足於左足前交叉踏
6 Hold 候
&7&8 Step left to left side, cross right over left, step left to left side, cross right over left (6:00)
左足左踏, 右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏(面向6點鐘)

**RESTART: When you start wall 6 on the back wall dance up to 48 counts and restart the dance facing front wall
(because weight is on your right you need to do a ball step to restart)**

第六面牆面向後面牆, 跳至此時面向前面牆, 重心在右足, 為接續第1拍, 加做一個小墊步重心移至左足, 從頭起跳

第七段 Side Rock, Cross Over Step Back, Bump Hips

- 1-2 Rock left to left side, recover weight on right
左足左下沉, 右足回復
3-4 Step left over right, step right foot back
左足於右足前交叉踏, 右足後踏
5-8 Step left foot back to left diagonal and push hips back, forward, back, forward 左足左斜角後踏後推臀,
前推臀, 後推臀, 前推臀

第八段 Front Side, Sailor Step, Touch, Front, Side, Front, Side

- 1-2 Cross left over right, step right to right side,
左足於右足前交叉踏, 右足右踏
3&4 Step left behind right, step right beside left, step left to left side 左足於右足後踏, 右足併踏, 左足左踏
5-8 Touch right toe in front of left, right toe to right side, right toe in front of left, right toe to right side
右足趾於左足前點, 右足趾右點, 右足趾於左足前點, 右足趾右點
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