I'm Seein Red

拍数: 48

级数: Intermediate

编舞者: Phil Nadel (USA) - September 2016

音乐: Seein' Red - Dustin Lynch

(1-8) SYNCOPATED LOCK STEPS, ROCK RECOVER, 1 ½ turn Left 1&2 Step forward on R, lock L behind R, step forward on R &3&4 Step forward on L, lock R behind L, step forward L, step R next to left 5,6 Rock forward on L, recover weight to R 7&8 Turn 1/2 left and step forward on L, turn 1/2 left and step back on R, turn 1/2 left and step forward on L (6 o'clock) *Note: (easy option: counts 7&8) shuffle half turn LRL (9-16) Scissor, Side Shuffle, ¼ turn L Side Shuffle, ¼ Turn Left Side Shuffle 1&2 Step R to right side, bring L next to R, Cross R over L 3&4 Step L to left side, Step R next to L, Step L to left side 5&6 Turn ¼ turn left and step R to right side, Step L next to R, Step R to right side (3 o'clock) Turn ¼ turn left and step L to left side, Step R next to L, Step L to left side (12:00 o'clock) 7&8 * Restart here on wall 3 (17-24) Rocking Chair R, Shuffle forward, Rocking Chair L, Shuffle forward 1&2& Rock forward on R, recover weight on L, Rock back on R recover weight on L 3&4 Shuffle forward R,L,R 5&6& Rock forward on L, recover weight on R, Rock back on L, recover weight on R 7&8 Shuffle forward L,R,L (25-32) Cross unwind ³/₄, Side shuffle, Cross & cross, ¹/₂ Hinge Left 1.2 Cross R over L, unwind ³/₄ left keeping weight on L (3 o'clock) 3&4 Step R to right side, step L next to R, step R to right side 5&6 Cross L over R, Step R to right side, Cross L over R Turn ¼ left by stepping back on R, turn ¼ L stepping on L (9 o'clock) 7,8 (33-40) Paddle 3/4 Turn, Heel Jacks 1& Touch R to right side & push turning left leaving weight on L. 2&3&4 & Repeat 3 more times to complete 3/4 turn. (12:00 o'clock) 5&6 Cross R over L, step back on L, touch R heel forward &7&8 Step on R, cross L over R, step R to R side, touch left heel forward (41-48) Ball Rock Recover, Lock Step Back, Touch L to side 1/2 turn Left, Side Rock, Back Rock &1,2 Step back on L, Rock forward on R, recover weight on L 3&4 Step back on R, Lock L in front of R, Step back on R 5.6 Touch L out to side, weight on R, turn 1/2 left recovering weight on L (6:00 o'clock) 7&8& Rock R out to side, Recover weight on L, Rock back on R, recover weight to L *Note: easy option for counts 7&8&, change to 7,8. Touch R out to side, touch R next to L Restart after 16 counts on wall 3 (12:00)

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墙数: 2