

# Red Dress

拍数: 48                      墙数: 4                      级数: High Improver  
编舞者: Pauline Gilroy (NZ) & Melissa Mulligan (NZ) - April 2025  
音乐: 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.**

**Contact:**

**Name Pauline Gilroy**

**Email: pauline.gilroy72@gmail.com**

Name Melissa Mulligan  
Email: [momulligan@hotmail.com](mailto:momulligan@hotmail.com)  
[www.rhythmlines.com](http://www.rhythmlines.com)

---