

Red Dress

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Peter Metelnick (UK)
音乐: Red Dress - Sugababes



WALK RIGHT, LEFT FORWARD, RIGHT & LEFT APART, RIGHT FORWARD, WALK LEFT, RIGHT FORWARD, LEFT & RIGHT APART, LEFT FORWARD

1-2 Step right forward, step left forward
&3-4 Step right apart, step left apart, step right slightly forward
5-6 Step left forward, step right forward
&7-8 Step left apart, step right apart, step left slightly forward

RIGHT & LEFT FORWARD SYNCOPATED ROCK STEPS, LEFT FULL TURN BACK, LEFT COASTER STEP

1-2& Rock right forward, recover weight on left, step right together
3-4 Rock left forward, recover weight on right
5-6 Turning ½ left step left forward, turning ½ left step right back

Easier option 5-6: step left back, step right back

7&8 Step left back, step right together, step left forward

RIGHT FORWARD SYNCOPATED ROCK STEP INTO ¼ RIGHT PIVOT TURN, WEAVE RIGHT 2, LEFT SAILOR HEEL

1-2& Rock right forward, recover weight on left, step right together
3-6 Step left forward, pivot ¼ right, cross step left over right, step right to side
7&8 Cross step left behind right, step right slightly to side, touch left heel forward on diagonal

LEFT & RIGHT TOGETHER, ¼ RIGHT TWIST, RIGHT COASTER BACK, LEFT FORWARD, ½ RIGHT PIVOT TURN, LEFT FORWARD TRIPLE

&1-2 Step left down, touch (step) right together, twist heels left turning ¼ right with weight ending on left
3&4 Step right back, step left together, step right forward
5-6 Step left forward, pivot ½ right
7&8 Step left forward, step right together, step left forward

8 IN THE MIDDLE

During the 2nd & 5th walls: you will need to add the following 8 counts before continuing the dance at count 33. The first time this happens you will be facing the back wall at this point, and the 2nd time you will be facing front at this point

1-2 Step right forward, pivot ½ left
3&4 Step right forward, step left together, step right forward
5-6 Step left forward, pivot ½ right
7&8 Step left forward, step right together, step left forward (now carry on with count 33)

LEFT FULL TURN FORWARD, RIGHT FORWARD, ¼ LEFT PIVOT TURN, WEAVE LEFT 2, BEHIND-SIDE-CROSS

1-2 Turning ½ left step right back, turning ½ left step left forward

Easier option 1-2: step right forward, step left forward

3-6 Step right forward, pivot ¼ left, cross step right over left, step left to side
7&8 Cross right behind left, step left to side, cross right over left

LEFT SIDE, HOLD, RIGHT TOGETHER, LEFT SIDE ROCK & RECOVER, WEAVE RIGHT 2, LEFT SAILOR

1-2& Step left to side, hold, step right together

3-6 Rock left to side, recover weight on right, cross step left over right, step right to side
7&8 Cross left behind right, step right slightly to side, step left to side

**RIGHT CROSS STEP, HOLD, LEFT TOGETHER, RIGHT CROSS STEP, LEFT TO SIDE, RIGHT BACK
ROCK & RECOVER ½ LEFT HINGE TURN**

1-2& Cross right over left, hold, step left together
3-6 Cross right over left, step left to side, rock back on right, recover weight on left
7-8 Turning ¼ left step right back, turning ¼ left step left to side

**RIGHT CROSS STEP, HOLD, LEFT TOGETHER, RIGHT CROSS STEP, LEFT TO SIDE, RIGHT BACK
ROCK & RECOVER, ¾ LEFT HINGE TURN**

1-2& Cross right over left, hold, step left together
3-6 Cross right over left, step left to side, rock back on right, recover weight on left
7-8 Turning ¼ left step right back, turning ½ left step left forward

REPEAT

TAG

At the end of the 2nd wall (you will be facing the front wall) add the following tag (music will sound different at this point)

1-4 Turn ¼ left and step right to side, touch left together, step left to side, touch right together
5-16 Repeat counts 1-4 three more times to return to front wall

Begin dance again
