Red Zone

拍数: 64　　墙数: 2　　级数: Advanced

编舞者: John Robinson (USA)

音乐: Caliente (Hot Club Mix Or Hot Radio Edit) - Bayside Boys

RIGHT WEAVE, SIDE ROCK STEP, LEFT WEAVE, SIDE ROCK STEP

1	Step left foot across behind right
&	Step right foot to right side
2	Step left foot across in front of right
3	Step right foot to right side, rocking weight onto it
4	Step left foot in place
5	Step right foot across behind left
&	Step left foot to left side
6	Step right foot across in front of left
7	Step left foot to left side, rocking weight into it
8	Step right foot in place

KICK-BALL CHANGE ¼ TURN RIGHT KICK-BALL CHANGE ¼ TURN RIGHT

1	Kick left foot forward
&	Step ball of left foot next to left, raising right foot slightly off floor
2	Step right foot in place
3	Step left foot forward
4	Pivot ¼ turn right on balls of feet, keeping weight on right foot
5	Kick left foot forward
&	Step ball of left foot next to left, raising right foot slightly off floor
6	Step right foot in place
7	Step left foot forward
8	Pivot ¼ turn right on balls of feet, keeping weight on right foot

4 KNEE WALKS, ROCK FORWARD, ROCK BACK

1	Step left foot forward, bending left knee in toward right leg
2	Step right foot forward, bending right knee in toward left leg
3	Step left foot forward, bending left knee in toward right leg
4	Step right foot forward, bending right knee in toward left leg
5	Step left foot forward, rocking weight onto it
6	Step right foot in place
7	Step left foot back, rocking weight onto it
8	Step right foot in place

STEP FORWARD, STOMP, SIDE TOUCH, CROSS, LEFT SUGAR FOOT, RIGHT TOUCH

1	Step left foot forward
2	Stomp right foot next to left (keep weight on left foot)
3	Touch right toe out to right side
4	Step right foot across in front of left
5	Touch left toe next to right instep, turning left knee in toward right leg
6	Touch left heel forward, turning left knee out to left side
7	Step left foot across in front of right
8	Touch right foot behind left heel

CURLY SHUFFLE, TOUCH/CLAP, LEFT SIDE SHUFFLE, REVERSE ½ PIVOT RIGHT

Angle body slightly left while executing curly shuffle

&	Keeping right foot behind left heel (raise right toe off floor), scoot back on left foot
1	Tap right toe to floor behind left heel
&	Keeping right foot behind left heel (raise right toe off floor), scoot back on left foot
2	Tap right toe to floor behind left heel
&	Keeping right foot behind left heel (raise right toe off floor), scoot back on left foot
3	Step right foot back

Option: Replace curly shuffle with an angled shimmy walk, stepping back right, left, right while shaking your shoulders

4	Touch left foot next to right (angle body forward) and clap hands
5	Step left foot to left side
&	Slide right foot next to left foot
6	Step left foot to left side
7	Touch right to back
8	Pivot ½ turn right on balls of feet, finishing with weight on right foot

ROCK FORWARD, ROCK BACK, STEP FORWARD, STOMP, SIDE TOUCH, CROSS

1	Step left foot forward, rocking weight onto it
2	Step right foot in place
3	Step left foot back, rocking weight onto it
4	Step right foot in place
5	Step left foot forward
6	Stomp right foot next to left (keep weight on left foot)
7	Touch right toe out to right side
8	Step right foot across in front of left

LEFT SUGAR FOOT, RIGHT TOUCH, CURLY SHUFFLE, TOUCH CLAP

1	Touch left toe next to right instep, turning left knee in toward right leg
2	Touch left heel forward, turning left knee out to left side
3	Step left foot across in front of right
4	Touch right foot behind left heel

Angle body slightly left while executing curly shuffle

&	Keeping right foot behind left heel (raise right toe off floor), scoot back on left foot
5	Tap right toe to floor behind left heel
&	Keeping right foot behind left heel (raise right toe off floor), scoot back on left foot
6	Tap right toe to floor behind left heel
&	Keeping right foot behind left heel (raise right toe off floor), scoot back on left foot
7	Step right foot back

Option: Replace curly shuffle with an angled shimmy walk, stepping back right, left, right while shaking your shoulders

8	Touch left foot next to right (angle body forward) and clap hands

LEFT SIDE SHUFFLE, REVERSE ½ PIVOT RIGHT, KICK-BALL-CHANGE, STEP, STOMP

1	Step left foot to left side
&	Slide right foot next to left foot
2	Step left foot to left side
3	Touch right to back
4	Pivot ½ turn right on balls of feet, finishing with weight on right foot
5	Kick left foot forward
&	Step ball of left foot next to left, raising right foot slightly off floor
6	Step right foot in place
7	Step left foot forward
8	Stomp right foot next to left (place weight on right foot)

REPEAT