

Code Red

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Red Alert - Basement Jaxx



STEP, CROSS, FULL TURN, DROP, STAND, ISOLATIONS

- 1-2 Step right to right side, cross left foot behind right
3-4 Full turn unwind left
Making sure weight is evenly distributed and both feet are shoulder width apart
5-6 Drop into crouched position, stand up lifting right side of rib cage
7&8 Keeping weight on left foot isolate rib cage left, right, left

KICK, STEP, ROCK, STEP, KICK, STEP, ROCK, STEP, ROCK, STEP, KICK, STEP, ROCK, STEP, TURN STEP

- 1&2& Kick right foot forward, step right foot next to left, rock left foot out to left, recover weight back to right
3&4& Kick left foot forward, step left foot next to right, rock right foot out to right, recover weight back to left
5&6& Rock right back out to right, recover weight back to left, kick right foot forward, step right next to left
7&8 Rock left back out to left, recover weight back to right, make ¼ turn to left with left

Should progress forward slightly and then be facing ¼ left of your line of dance.

ROCK, STEP, STEP, SAILOR STEP, CROSS STEP, STEP, CROSS, STEP, TOUCH

- 1&2 Cross rock right over left, recover weight back to left, step right slightly to right side
Counts 1&2 should be done at a 45 degree angle to your left
3&4 Cross step left behind right, step right slightly to right, step left slightly to left
Counts 3&4 should bring you back to wall ¼ left of your line of dance
5-6 Cross step right over left, step left to left side
7&8 Cross step right behind left, step left to left side, touch right next to left

SKATES RIGHT, LEFT, RIGHT, LEFT, WALK RIGHT, LEFT, ROCK, STEP, HOOK

- 1-4 Skate right, left, right, left
Counts 1-4 (swivels) progress forward slightly!
5-6 Walk forward on right, then left
&7 Rock right to right side, left step to left side
8 Slide drag right to left hook right behind left

Counts 5-8 similar to T.G.I.F.

REPEAT