

Lady In Red

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Nicky Tan (MY) - October 2014
音樂: The Lady In Red - Chris de Burgh



Dance starts after 3x8 beats

Section 1

1 Step RF to side
2&3 Step LF behind RF, Step RF to side, Cross Rock LF over RF
4&5 Recover on RF, Step LF to side, Cross RF over LF
6&7 Turn ¼ R & Step LF back, Turn ¼ R & Step RF forward, Step LF forward (6:00)
8&1 Rock RF to side, Recover on LF, Cross RF over LF

Section 2

2&3 Step LF to side, Step RF together, Step LF to side
4&5 Rock RF behind LF, Recover on LF, Step RF to side
6&7 Rock LF behind RF, Recover on RF, Step LF to side
8&1 Rock LF back, Recover on RF, Step RF forward (6:00)

Section 3

2&3 Rock LF forward, Recover on RF, Step LF back
4&5 Step RF back, Turn ½ L & Step LF forward, Step RF forward (12:00)
6,7,8 Step LF to side & Sway body L, R, L

Section 4

1 Step RF forward
2&3 Step LF forward, Pivot ½ to right weight with on RF, Step LF forward (6:00)
4&5 Step RF forward, Pivot ½ to left with weight on LF, Step RF forward (12:00)
6,7 Ronde LF from side to front, Cross LF over RF
8& Step RF back, Step LF to side

Section 5

1 Turn ¼ L & Step RF together (9:00)
2,3 Sway body R then L
4& Rock RF back, Recover on LF
5&6 Step RF forward, Turn ½ R & Step LF back, Turn ½ R & Step RF forward (9:00)
7&8 Step LF forward, Lock RF behind LF, Step LF forward

Section 6

1,2 Step RF forward, Touch LF to side
3,4 Step LF back, Touch RF to side
5,6 Lunge RF in place, Straighten RF again (Pose with body twist)
7,8 Rock RF back, Recover on LF (9:00)

RESTART: At 3rd Wall (6:00), dance for 3x8's and Restart dance (6:00)

Contact: nickyty@gmail.com