

Seeing Red

拍數: 32 牆數: 2 級數: Improver
編舞者: Faith Sirois (USA) - December 2022
音樂: Love You Again - Chase Matthew



[1-8] STRUT (X2) - STEP RF FWD - PIVOT ½ L - STEP RF FWD - PIVOT ½ L

1,2 Strut fwd R
3,4 Strut fwd L
5,6 (5) Step RF fwd, (6) Pivot ½ turn over L shoulder
7,8 (7) Step RF fwd, (8) Pivot ½ turn over L shoulder

***Tip: Really take your time with the struts on counts 1,2 & 3,4 and really feel yourself in the moment with the music**

[9-16] MONTEREY STEP - STEP FWD RF ¼ L - FULL SPIN OVER R SHOULDER

1,2 (1) Step RF to R side, (2) Step RF next to LF
3,4 (3) Step LF to L Side, (4) Step LF next to RF
5,6 (5) Step RF fwd while turning ¼ turn over L shoulder to prep with slight bend in L knee, (6) Push off with RF
7,8 (7,8) Make a full 360 spin over R shoulder

[17-24] WEAVE L - STEP L - HIP ROLL ¼ L - KNEE POPS BACK (X3) - STEP BACK R - STEP FWD L

1&2 (1) Cross RF behind LF, (&) Step LF to the L, (2) Cross RF in front of LF
3&4 (3) Step LF to the L, (&) Raise L hip up, (4) Roll L hip back and down turning ¼ turn over L shoulder, sitting back on RF
5,6 (5) Step back on LF, slightly pop R knee fwd, (6) Step back on RF, slightly pop L knee fwd
7&8 (7) Step back on LF, slightly pop R knee fwd, (&) Step RF slightly back, (8) Step LF fwd

***Styling option for 3&4: For a more masculine version, you can do a body roll instead of a "hip roll" or roll L shoulder back as you ¼ turn L**

[25-32] STEP RF FWD - PIVOT ½ L - STEP RF FWD - PIVOT ¾ L - STOMP RF - STEP LF - HIP ROLLS (X2)

1,2 (1) Step RF fwd, (2) Pivot ½ turn over L shoulder
3,4 (3) Step RF fwd, (4) Pivot ¾ turn over L shoulder to face your next wall
5,6 (5) Stomp RF down, (6) Step LF next to RF
7,8 (7,8) Hip rolls for two counts

Styling option for 7,8: You can replace "Hip Rolls" w/ hair flips, bend fwd at hips, Drop it low, Reach down to one ankle and arch back up, etc.

TWO RESTARTS: On wall 2 & wall 4, both restarts happen facing your 6 o'clock wall, dance the first 16 counts and after you do a full spin over your R shoulder, start the dance over.

This dance is very slow, sensual, and sexy so really feel that and don't be afraid to add your own flare and spice it up a bit!

Have fun and make sure to tag me in your videos

@_Faithconners_420 on Instagram and Tiktok! I would love to see them! :)