

Red or White?

拍數: 32 牆數: 4 級數: Improver
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音樂: Fine Wine - Runaway June



Intro: 16 counts, start with weight on L

****2 Restarts: Wall 3 after 12 Counts; Wall 7 after 24 Counts (with step change)**

S1 (1-8) WALK FWD R-L, R ANCHOR STEP, R SIDE, WALK FWD L-R, L ANCHOR STEP, L SIDE

1-2-3&4 Step R forward (1), step L forward (2), rock R behind (3), recover to L (&), step R side (4)

5-6-7&8 Step L forward (5), step R forward (6), rock L behind (7), recover to R (&), step L side (8)

S2 (9-16) R-L-SAILORS, R BACK COASTER, L FWD SHUFFLE

1&2-3&4 Cross R behind (1), step L side (&) step R side (2), cross L behind (3), step R side (&), step L side (4) (moving toward back)

Restart here on wall 3 (facing 6:00 at the restart)

5&6-7&8 Step R back (5), step L back (&), step R forward (6) step L forward (7), step R together (&), step L forward (8)

S3 (17-24) ½ L CHASE TURN, L FWD SHUFFLE, R KNEE IN-OUT and TURN ¼ R, L BACK COASTER-TOUCH

1&2-3&4 Step R forward (1), turn ½ L and shift weight to L (&), step R forward (2), step L forward (3), step R together (&), step L forward (4) (6:00)

5-6-7&8 Rotate R knee in (5), rotate R knee out and turn ¼ R (weight to R) (6), step L back (7) step R back (&), touch L together (8) (9:00)

Restart here on wall 7 with step change, see instructions below (facing 6:00 at the restart)

S4 (25-32) ROCK L SIDE, RECOVER, L OVER, HOLD, R SIDE, L OVER, BIG STEP R, DRAG L TO R, L BACK COASTER

1&2-3&4 Rock L side (1), recover to R (&), cross L over (2), hold (3), step R side (&), cross L over (4)

5-6-7&8 Big step R (5), drag L to R (touch L) (6), step L back (7), step R back (&), step L forward (8)

Repeat

****2 Restarts: Wall 3 after 12 Counts; Wall 7 after 24 Counts**

Instructions for 2nd restart – in S3, step 8, instead of a touch, step L together (weight to L).

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