Red Alert

拍數: 32

級數: Intermediate

編舞者: Phil Partridge (UK)

音樂: Red Alert - Basement Jaxx

SIDE SWITCHES, STEP ¼ TURN, CROSS TURN, ROCK RECOVER

- Point right to right side, step right next to left, point left to left side, step left next to right 1&2&
- 3-4 Step forward on right, 1/4 turn left
- 5-6 Cross right over left, 1/4 turn right stepping back on left
- 7-8 Rock back on right, recover forward on left

SIDE, SYNCOPATED WEAVE, SIDE ROCK, RECOVER, CROSS SHUFFLE

- 1-2 To the right diagonal step forward right, step left behind
- &3&4 Step right to right side, cross left in front of right, step right to right side, cross left behind right
- 5-6 Side rock right, recover on to left straighten up to front wall
- 7&8 Cross right over left, step left to left side, cross right over left

FULL TURN, ROCK, RECOVER, STEP, BUMP HIPS BACK, FORWARD

- 1-2-3 ¹/₄ turn right stepping back on left, ¹/₂ right turn stepping forward left, ¹/₄ turn right side stepping left
- 4-5-6 Rock back right, recover forward on left, side step right
- 7-8 Step diagonal back left push hips back, step diagonal forward right, push hips forward

CROSS BACK TURN, WALKS FORWARD TWICE, KICK JUMP BACK, STEP BACK, ½ TURN

- 1&2 Cross left over right, 1/4 turn left stepping back on right, step left to side
- 3-4 Walk forward right, left
- 5&6 Kick right foot forward, step back on right, step left next to right
- 7-8 Step back on right, 1/2 turn left stepping forward left

REPEAT

TAG

End of wall 7 facing 9:00

GRAPEVINE CROSS, SIDE ROCK, CROSS, SIDE

- Step right to side, step left behind right, step right to side, cross left over right 1-4
- 5-8 Rock right to side, recover on to left, cross right over left, step left to side

WEAVE, SIDE ROCK CROSS, SIDE CROSS

- 1-4 Step right behind left, step left to side, cross right over left, step left to side
- 5-8 Step right to side, cross left in front of right, step right to side, cross left in front





牆數:4