

# Code Red

COPPER KNOB  
STEPSHEDS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Bryan McWherter (USA)  
音樂: 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