

Lady In Red

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Noel Castle (AUS)
音樂: The Lady In Red - Chris de Burgh : (CD: Into The Light)



ROCK, RECOVER, TRIPLE ½ RIGHT, STEP-LOCK-STEP, ROCK-RECOVER-½ LEFT & FORWARD

1-2 Rock left back, recover right forward
3&4 Triple step in place left-right-left making ½ turn right (6:00)
5&6 Step right forward, lock left behind left, step right forward
7&8 Rock left forward, recover right back, make ½ turn left & step left forward (12:00)

ROCK, RECOVER, TRIPLE FULL TURN RIGHT, STEP-LOCK-STEP, ROCK-RECOVER-½ RIGHT & FORWARD

1-2 Rock right forward, recover left back
3&4 Triple step in place right-left-right making full turn right
5&6 Step left forward, lock right behind left, step left forward
7&8 Rock right forward, recover left back, make ½ turn right & step right forward (6:00)

ROCK-RECOVER-CROSS, ROCK-RECOVER-CROSS, UNWIND A FULL TURN, BACK-½ LEFT & FORWARD-FORWARD

1&2 Rock left side, recover right in place, cross left over right
3&4 Rock right side, recover left in place, cross right over left
5-6 Unwind full turn left & transfer weight left
7&8 Step right back, make ½ turn left & step left forward, step right forward (12:00)

SWAY, SWAY, SIDE-BEHIND-SIDE ¼ LEFT, ROCK, RECOVER, TRIPLE FULL TURN RIGHT

1-2 Step left side & sway hips left, sway hips right & transfer weight right
3&4 Step left side, cross right behind left, step left into ¼ turn left (9:00)
5-6 Rock right forward, recover left back
7&8 Triple step right-left-right making full turn right (travel backwards)

REPEAT

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