

Scarlet

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Michael Lynn (UK)
音樂: Red Dress - Sugababes : (Album: Taller In More Ways)



(36-count intro , 130bpm)

Running Order: A A B Tag B Tag Tag A A A B B Tag B B A

A (Verse)

RIGHT HEEL DIGS, LEFT HEEL DIGS

1-2 Dig right heel forward, replace right heel beside left,
3&4 Dig right heel forward, dig heel in place, replace right beside left,
5-6 Dig left heel forward, replace left heel beside right,
7&8 Dig left heel forward, dig heel in place, replace left beside right.

SYNCOATED HEEL DIGS, CLAP, CLAP, WEAVE, POINT

1&2& Dig right heel forward, replace right beside left, dig left heel forward, replace left beside right,
3&4 Dig right heel forward, clap twice,
5-6 Cross left over right, step right to right side,
7&8 Cross left behind right, point right to right side.

RIGHT HIP SWAY, LEFT HIP SWAY, SAILOR ¼ TURN, KICK BALLCHANGE

1-2 Sway hips to the right,
3-4 Sway hips to the left,
5&6 Sweep right foot behind left, step forward on left making ¼ turn right, step right to right side,
7&8 Kick left foot forward, replace left beside right, step right in place.

RIGHT HIP SWAY, LEFT HIP SWAY, SAILOR ¼ TURN, KICK BALLCHANGE

1-2 Sway hips to the right,
3-4 Sway hips to the left,
5&6 Sweep right foot behind left, step forward on left making ¼ turn right, step right to right side,
7&8 Kick left foot forward, replace left beside right, step right in place.

B (Chorus)

CHARLESTON WALKS, CHARLESTON WALKS, PIVOT ¾ TURN LEFT, POSE & LINE

1&2& Step forward on left toe, (see styling) step forward on right toe,
3&4 Step forward on left toe, (see styling) step forward on right toe.
5&6 Triple step ¾ turn left, stepping ? left, right, left,
7&8 (Keeping the current stance, sit into the position, with right leg bent slightly),
Stretch right arm in front (7), place left hand on right hand (8)
STYLING: On Charleston walks, walk on toes while swivelling heels left & right
On count 8 make sharp head turn ¼ left .

SEXY ARM DRAG, MAMBO STEP, MAMBO STEP

1-2 Drag left hand sexily along the right arm over 2 counts,
3-4 Drag left hand sexily along the right arm over further 2 counts,
5-6 Rock forward on right, rock back onto left, step back right,
7&8 Rock back on left, rock forward onto right, step forward left.

RIGHT ROCK RECOVER, ¾ TURN TRIPLE RIGHT, CHASSE LEFT, BACK RIGHT COASTER

1-2 Step right forward, rock weight back onto the left,
3-4 Triple step ¾ turn right, stepping ? right, left, right,
5&6 Step left to left side, right together, step left to left side,
7&8 Step back right, step together, step forward right.

JUMPING JACKS, JUMPING JACKS, UNWIND ½ TURN, SAILOR ¼ TURN LEFT

- 1-2 Jump feet apart, landing right foot forward, left foot back. Return feet to centre.
3-4 Jump feet apart, landing right foot side, left foot side. Jump feet back to centre, crossing right over left,
5&6 Unwind ½ turn left,
7&8 Right foot behind left, left foot ¼ turn right, step right to right side.

TAG

RIGHT HIP SWAY, LEFT HIP SWAY, SAILOR ¼ TURN, KICK BALLCHANGE

- 1-2 Sway hips to the right,
3-4 Sway hips to the left,
5&6 Sweep right foot behind left, step forward on left making ¼ turn right, step right to right side,
7&8 Kick left foot forward, replace left beside right, step right in place.
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