

Bleed Red

拍數: 32 牆數: 4 級數: Improver
編舞者: Peter Jones (UK) & Anna Lockwood (UK) - December 2011
音樂: Bleed Red - Ronnie Dunn : (Album: Ronnie Dunn)



S1: Heel, Toe, Walk R, L, Rock, Recover, Shuffle 1/2 .

1-2-3-4 Touch R Heel Forward, Touch R Toe Back, Walk Forward R, L.
5-6 Rock Forward Onto R, Recover Weight Onto L.
7&8 Step ½ R Onto R, Step L Next To R, Step Forward Onto R.

S2: Heel, Toe, Walk L, R, Rock Recover, Chasse ¼ L.

1-2-3-4 Touch L Heel Forward, Touch L Toe Back, Walk Forward L, R.
5-6 Rock Forward Onto L, Recover Weight Onto R.
7&8 Step ¼ L Onto L, Step R Next To L, Step L To L Side.

S3: ¼, Touch, Shuffle ½, Step, ¼, Cross Shuffle.

1-2 Step ¼ R Onto R, Touch L Next To R.
3&4 Step ½ L Onto L, Step R Next To L, Step Forward Onto L.
5-6 Step Forward Onto R, Pivot ¼ L Onto L.
7&8 Cross R Over L, Step L To L Side, Cross R Over L.

S4: Back, Back, Recover, ½, Back, Back, Coaster Step.

1-2 Step Back Onto L, Rock Back Onto R.
3-4 Recover Weight Onto L, Step ½ L Stepping Back Onto R.
5-6 Step Back L, R.
7&8 Step Back Onto L, Step R Next To L, Step Forward Onto L.

Have fun and dance with a smile ;0)

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