

Bleed Red

拍數: 32 牆數: 2 級數: Improver
編舞者: Mal Jones (UK) - December 2011
音樂: Bleed Red - Ronnie Dunn



Alternatives tracks: Island by Eddy Raven
OR: Singing Me Home by Lady Antebellum – No tags or restarts when using these.

16 count intro start on word "Sorry"

CROSS, POINT, CROSS, POINT, ROCK STEP, COASTER STEP

- 1, 2, 3, 4 Step forward on right crossing right over left, point left toe to left side. Step forward on left crossing left over right, point right toe to right side.
5, 6, 7&8 Rock forward on right, recover on left, step back on right, back on left, forward on right.

SIDE ROCK, DIAGONAL STEP LOCK STEP, SIDE ROCK DIAGONAL STEP LOCK STEP

- 1, 2, 3&4 Side rock on left to left side recover onto right. Travelling to right diagonal, angle body to 1.30. step forward on left to right lock right foot behind left, step forward on left.
5, 6, 7&8 Side rock on right to right side, recover on left. Travelling to left diagonal, angle body to 10.30., Step forward on right, lock left foot behind right, step forward on right.

Tag / Restart: Here on wall 7 facing 12 o'clock, there is a small tag and restart, dance first 2 sections and add this tag, then restart from beginning of dance.

TAG. LEFT SIDE ROCK, CROSS, HOLD.

- 1, 2, 3, 4 Straightening to 12 o'clock. Step left to left side, recover weight on right, cross left over right and hold for 1 count.

RESTART from beginning of section 1, after tag.

SIDE, BACK ROCK, HEEL, HOLD, AND CROSS ROCK, SIDE CHASSE

- 1, 2 & 3, 4 Straightening to 12 o'clock, step left to left side, drag right to left stepping back on right and recover on left, touch heel to right diagonal, hold for 1 count.
& 5, 6, 7&8 Step right to right side, cross left over right, recover onto right. Step left to left side, bring right to left, step left to left side.

CROSS ½ HINGE RIGHT, SIDE CHASSE, CROSS SHUFFLE, WALK, WALK.

- 1, 2, 3&4 Cross right over left making 1/4 turn right, step back on left making 1/4 turn right. Step right to right side, left next to right, right to right side.
5&6, 7, 8 Cross left over right, right to right side, cross left over right. Sweep right foot from behind left, step on right. Sweep left from behind right, step on left.

Optional Ending Dance ends on front wall at beginning of section 3, with side, back rock, heel, hold.