

Lady In Red

拍數: 32 牆數: 4 級數: Improver
編舞者: Marie Sørensen (TUR) - April 2012
音樂: The Lady In Red - Chris de Burgh : (Album: The Very best Of Chris De Burgh - iTunes)



Intro: 24 Counts

Step Diagonal, Cross Rock, Recover, Cross Rock, Recover, Step ½ Turn, Step, Rock, Recover, Step Back

1 Step Right diagonal fwd. Right
2&3 Cross rock Left in front of Right, recover, step Left to Left side
4&5 Cross rock Right in front of Left, recover, step Right to Right side
6&7 Step fwd. Left, ½ turn Right, step fwd, Left
8&1 Rock fwd. Right, recover, step back Right (06:00)

Shuffle ½ Turn Left, Jazz Box Right, Left, Rock, Recover, ¾ Turn Right

2&3 ¼ turn Left, step Left to Left side, step Right beside Left, 1/4 turn Left, step fwd. Left (12:00)
4&5 Cross Right in front of Left, step back on Left, step Right to Right side
6&7 Cross Left in front of Right, step back on Right, step Left to Left side
8&1 Rock fwd. Right, recover, ¾ turn Right, step fwd. on Right (09:00)

Jazz Box, Jazz Box, ½ Turn Right, Sway, Sway, Behind, Side, Cross

2&3 Cross Left in front of Right, step back on Right, step Left to Left side
4&5 Cross Right in front of Left, ¼ turn Right, step back on Left, ¼ turn Right, step fwd. Right (03:00)
6-7 Sway Left, Right
8&1 Step Left behind Right, step Right to Right side, cross Left in front of Right (03:00)

Rock, Recover, Behind, Rock, Recover, Behind, Back Rock, Recover, Run, Run

2&3 Rock Right to Right side, recover, cross Right behind Left
4&5 Rock Left to Left side, recover, cross Left behind Right
6-7 Rock back on Right, recover
8& Run fwd. Right, Left (03:00)

RESTART:

During wall 4, after 24 Counts – Facing 12:00 – Restart the dance here

In section 3 – Do the sways Left, Right on count 6-7 – On count 8, step Left beside Right (Weight on Left) –

On count & HOLD – Start again !

Have Fun!