Lovely in Red



编舞者: Derek Robinson (UK) - June 2025 音乐: The Lady In Red - Chris de Burgh



Start on lyrics. There is one easy restart

Sec 1 BASIC NC2 RIGHT & LEFT, PIVOT ½, SHUFFLE ½

1-2& Step longish step to right side, rock left back behind right, recover onto right
3-4& Step longish step to left side, rock right back behind left, recover onto left

5-6 Step forward on right, pivot ½ turn left (6.00) 7&8 Shuffle ½ turn left, stepping - R L R (12.00)

(Easy option without turns – 5-6 Right forward rock, recover. 7&8 Right Coaster step)

Sec BASIC NC2 LEFT & RIGHT, PIVOT 1/2, SHUFFLE 1/2

1-2& Step longish step to left side, rock right back behind left, recover onto left
3-4& Step longish step to right side, rock left back behind right, recover onto right

5-6 Step forward on left, pivot ½ turn right (6.00) 7&8 Shuffle ½ turn right, stepping - L R L (12.00)

(Easy option without turns – 5-6 Left forward rock, recover. 7&8 Left Coaster step)

Sec 3 SWAY, SWAY, BEHIND-SIDE-CROSS, SWAY, SWAY, SAILOR 1/4 TURN

1-2 Step side right swaying hips to right, recover onto left swaying hips to left

3&4 Cross right behind left, step left to left side, cross right over left

5-6 Step side left swaying hips to left, recover onto right swaying hips to right

7&8 Crossing left behind right make ¼ turn left, step right to right side, step left in place (9.00)

(Restart here on wall 4 facing 12.00)

Sec 4 WEAVE LEFT, CROSS ROCK, SIDE, WEAVE RIGHT, CROSS ROCK, SIDE

1&2& Cross right over left, step left to left side, cross right behind left, step left to left side

3&4 Cross rock forward on right, recover onto left, step right to right side

5&6& Cross left over right, step right to right side, cross left behind right, step right to right side

7&8 Cross rock forward on left, recover onto right, step left to left side

Begin again