

RED DRESS FOXTROT

36 /

Choreographer: Mike Seurer 449 East 5th Street, Fond du Lac, WI 54935 (920)907-1214

Record: Capitol 3768 "Leave Me Alone (Ruby Red Dress)", Helen Reddy

Rhythm: Foxtrot

Speed: 45 rpm

Released: Jan. 2003

CAP-6238

Phase: III

Time: 3:26

Footwork: Opposite, except as noted

Sequence: INTRO ABB AB mod BC AB mod B ENDING

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INTRODUCTION

- 1---4 (IN BFLY/WALL) WAIT 2 MEAS;; TWIRL VINE 3; PICK-UP;
1-2 In BFLY/WALL wait 2 meas;;
3-4 Sd L,-, XRib, sd L(W fwd R ld hnds jnd,-, fwd L trn RF, fwd R); Fwd R trn
LF LOD,-, fwd L, cl R;
5---6 SIDE TOUCH L&R; DIP/REC;
5-6 Sd L, Tch R to L, sd R, tch L to R; Bk L with relaxed knee,-, rec R,-;

PART A

- 1---4 FWD RUN 2 TWICE;; 2 LEFT TURNS;;
1-2 Six passing steps Fwd L,-, fwd R, fwd L; Fwd R,-, Fwd L, fwd R;
3-4 Fwd L comm LF upper body trn,-, cont trn sd & bk R, cl L; Bk R comm LF
upper body trn,-, cont trn to fc WALL sd & fwd L, cl R;
5---8 BOX;; HOVER; PICK UP;
5-6 Fwd L,-, sd R, cl L; bk R,-, sd L, cl R;
7-8 Fwd L,-, fwd & sd R rising to ball of foot, rec L to tight SCP; Small fwd R
trng LF to fc LOD,-, sd L, cl R to CP/LOD(W fwd L arnd M,-, sd R, cl L);
9---12 FWD RUN 2 TWICE;; 2 LEFT TURNS;;
9-10 Six passing steps Fwd L,-, fwd R, fwd L; Fwd R,-, Fwd L, fwd R;
11-12 Fwd L comm LF upper body trn,-, cont trn sd & bk R, cl L; Bk R comm LF
upper body trn,-, cont trn to fc WALL sd & fwd L, cl R;
13---17 BOX;; HOVER; PICK UP; DIP & REC;
13-14 Fwd L,-, sd R, cl L; bk R,-, sd L, cl R;
15-16 Fwd L,-, fwd & sd R rising to ball of foot, rec L to tight SCP; Small fwd R
trng LF to fc LOD,-, sd L, cl R to CP/LOD(W fwd L arnd M,-, sd R, cl L);
17- Bk L with relaxed knee,-, rec R,-;

PART B

- 1---4 DIAMOND TURNS;;;(SDCAR)
1-2 Fwd L start LF trn,-, sd R cont LF trn, XLibR contra BJO DRC; Bk R cont
LF trn,-, sd L cont LF trn, XRifL contra BJO DRW;
3-4 Fwd L cont LF trn,-, sd R cont LF trn, XLibR contra BJO DW; bk R cont
LF trn,-, sd L cont LF trn, sd L, Fwd R to SDCAR;
5---8 X HOVER BJO; X HOVER SDCAR; X HOVER SCP; PICK-UP;
5-6 XLif,-, sd R rise, rec L BJO; XRif,-, sd L rise, rec R SDCAR;
7-8 XLif,-, sd R rise, rec L SCP; thru R twd LOD,-, sd L(W fwd R arnd M to
CP/LOD), cl R;

Modified PART B

- 1---4 DIAMOND TURNS;;;(SDCAR)
1-2 Fwd L start LF trn,-, sd R cont LF trn, XLibR contra BJO DRC; Bk R cont
LF trn,-, sd L cont LF trn, XRifL contra BJO DRW;
3-4 Fwd L cont LF trn,-, sd R cont LF trn, XLibR contra BJO DW; bk R cont
LF trn,-, sd L cont LF trn, sd L, Fwd R to SDCAR;
5---8 X HOVER BJO; X HOVER SDCAR; X HOVER SCP; THRU FC CLOSE;
5-6 XLif,-, sd R rise, rec L BJO; XRif,-, sd L rise, rec R SDCAR;
7-8 XLif,-, sd R rise, rec L SCP; thru R twd LOD,-, sd L, cl R;

- upper body trn,-, cont trn to fc WALL sd & fwd L, cl R;
- 5----8 BOX;; HOVER; PICK UP;
 5-6 Fwd L,-, sd R, cl L; bk R,-,sd L ,cl R;
 7-8 Fwd L,-, fwd & sd R rising to ball of foot,rec L to tight SCP; Small fwd R trng LF to fc LOD,-, sd L, cl R to CP/LOD(W fwd L arnd M,-, sd R, cl L);
- 9----12 FWD RUN 2 TWICE;; 2 LEFT TURNS;;
 9-10 Six passing steps Fwd L,-,fwd R,fwd L; Fwd R,-, Fwd L,fwd R;
 11-12 Fwd L comm LF upper body trn,-, cont trn sd &bk R, cl L; Bk R comm LF upper body trn,-, cont trn to fc WALL sd & fwd L, cl R;
- 13----17 BOX;; HOVER; PICK UP; DIP & REC;
 13-14 Fwd L,-, sd R, cl L; bk R,-,sd L ,cl R;
 15-16 Fwd L,-, fwd & sd R rising to ball of foot,rec L to tight SCP; Small fwd R trng LF to fc LOD,-, sd L, cl R to CP/LOD(W fwd L arnd M,-, sd R, cl L);
 17- Bk L with relaxed knee,-,rec R,-;

PART B

- 1----4 DIAMOND TURNS;;;(SDCAR)
 1-2 Fwd L start LF trn,-, sd R cont LF trn, XLibR contra BJO DRC; Bk R cont LF trn,-, sd L cont LF trn, XRifL contra BJO DRW;
 3-4 Fwd L cont LF trn,-, sd R cont LF trn, XLibR contra BJO DW; bk R cont LF trn,-, sd L cont LF trn, sd L, Fwd R to SDCAR;
- 5----8 X HOVER BJO; X HOVER SDCAR; X HOVER SCP; PICK-UP;
 5-6 XLif,-, sd R rise, rec L BJO; XRif,-, sd L rise, rec R SDCAR;
 7-8 XLif,-, sd R rise, rec L SCP; thru R twd LOD,-, sd L(W fwd R arnd M to CP/LOD), cl R;

Modified PART B

- 1----4 DIAMOND TURNS;;;(SDCAR)
 1-2 Fwd L start LF trn,-, sd R cont LF trn, XLibR contra BJO DRC; Bk R cont LF trn,-, sd L cont LF trn, XRifL contra BJO DRW;
 3-4 Fwd L cont LF trn,-, sd R cont LF trn, XLibR contra BJO DW; bk R cont LF trn,-, sd L cont LF trn, sd L, Fwd R to SDCAR;
- 5----8 X HOVER BJO; X HOVER SDCAR; X HOVER SCP; THRU FC CLOSE;
 5-6 XLif,-, sd R rise, rec L BJO; XRif,-, sd L rise, rec R SDCAR;
 7-8 XLif,-, sd R rise, rec L SCP; thru R twd LOD,-, sd L, cl R;

PART C

- 1----4 WHISK; IN & OUT RUNS;; FWD FC CLOSE;
 1-2 Fwd L,-, Fwd R & sd rise, XLib; Fwd L,-, fwd R btwn M's ft, fwd L);
 3-4 bk L trgn RF,-, sd & fwd R trng RF, fwd L to SCP(W fwd R trng RF,-, fwd & sd trng RF, fwd R to SCP; XRif (W XLib),-, sd L, cl R;
- 5----6 TWIRL VINE; PICK-UP;
 5-6 Sd L,-, XRib, sd L(W fwd R ld hnds jnd,-, fwd L trn RF, fwd R); Fwd R trn LF LOD,-, fwd L, cl R;

ENDING

- 1---- SIDE CORTE';
 1- Sd L, pt R DL/WALL;

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