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Code Red

Choreographed By: Bryan McWherter (6/01)
4 wall, 32 Count, Intermediate
Music: Red Alert by Basement Jaxx

STEP, CROSS, FULL TURN, DROP, STAND, ISOLATIONS

- 1-2 Step right to right side(1), cross left foot behind right(2),
3-4 Full turn unwind left(3-4),
**Making sure weight is evenly distributed and both feet are shoulder width apart.*
5-6 Drop into crouched position(5), stand up lifting right side of rib cage(6),
7&8 Keeping weight on left foot, isolate rib cage left(7), right(&), left(8),

KICK, STEP, ROCK, STEP, KICK, STEP, ROCK, STEP, ROCK, STEP, KICK, STEP, ROCK, STEP, TURN STEP

- 1& Kick right foot forward(1), step right foot next to left(&),
2& Rock left foot out to left(2), recover weight back to right(&),
3& Kick left foot forward(3), step left foot next to right(&),
4& Rock right foot out to right(4), recover weight back to left(&),
5& Rock right back out to right(5), recover weight back to left(&),
6& Kick right foot forward(6), step right next to left(&)
7& Rock left back out to left(7), recover weight back to right(&),
8 Make 1/4 turn to left with left(8),
**Should now be facing 1/4 left of your line of dance.*

ROCK, STEP, STEP, SAILOR STEP, CROSS STEP, STEP, CROSS, STEP, TOUCH

- 1&2 Cross rock right over left(1), recover weight back to left(&), step right slightly to right side(2),
3&4 **Counts 1&2 should be done at a 45 degree angle to your left.*
Cross step left behind right(3), step right slightly to right(&), step left slightly to left(4),
5-6 **Counts 3&4 should bring you back to wall 1/4 left of your line of dance.*
7&8 Cross step right over left(5), step left to left side(6),
Cross step right behind left(7), step left to left side(&), touch right next to left(8),

SKATES RIGHT, LEFT, RIGHT, LEFT, WALK RIGHT, LEFT, ROCK, STEP, HOOK

- 1-2 Skate Right(1), Left(2), Right(3), Left(4),
**Counts 1-4 (Swivels) progress forward SLIGHTLY!*
5-6 Walk forward on right(5), then left(6),
&7 Rock right to right side(&), left step to left side(7),
8 Slide drag right to left hook right behind left(8).
**Counts 5-8 similar to T.G.I.F.*

BEGIN AGAIN!

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