

Frisbee

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Mette Mørk (NOR) - August 2019

Musik: Frisbee - Laila Samuels



Intro: 16 count start on vocal

Rock right forward, recover left, shuffle back, Rock L back, Recover R, shuffle forward

- 1-2 Rock right foot forward, recover on left
- 3&4 Shuffle back (stepping right, left, right)
- 5-6 Rock left foot back, recover on right
- 7&8 Shuffle forward (stepping left, right, left)

Step point twice, , sailor step ,sailor step ¼ turn

- 1-2 Step right over left (point to left)
- 3-4 Step left over Right (point to right)
- 5&6 Step right behind left, step left to right side, step right in place
- 7&8 Turn ¼ left stepping left behind right, right step in place, step left next to right

Slide touch forward diagonally twice, slide touch back diagonally twice

- 1-2 slide right foot diagonally forward, touch left together
- 3-4 slide left foot diagonally forward, touch right together
- 5-6 slide right foot diagonally back, touch left together
- 7-8 slide left foot diagonally back, touch right together

Side rock right, coaster step, side rock left, coaster step

- 1-2 Rock to right side, recover to left
- 3&4 right coaster step back (step right back, left together, step right forward)
- 5-6 rock to left side, recover to right
- 7&8 Left coaster step back (step left back, right together; step left forward)

Tag after wall 5: 4 count. Sway your hips. (Right, left, right, left. (start over)

Dance ends after 24 count in wall 8
