

Flip And Flop

Count: 64

Wand: 2

Ebene: Intermediate

Choreograf/in: Tanja Viitamaki (FIN)

Musik: Out of Habit - BR5-49



VAUDEVILLES (HEEL JACKS)

- 1-2 Step right to right side, touch left heel diagonally forward
- &3-4 Step left foot next to right (&), cross right over left, hold
- 5-6 Step left to left side, touch right heel diagonally forward
- &7-8 Step right foot next to left (&), cross left over right, hold

STEP, HOLD, CROSS, HOLD, UNWIND ½ TURN RIGHT

- 9-10 Step right to the right side, hold
- 11-12 Cross left over right, hold
- 13-16 Unwind by turning right ½ turn (weight on right, feet apart)

TOE HEEL STRUTS, TOUCH, UNWIND ½ PIVOT TURN RIGHT

- 17-18 Touch left toe back, drop heel down
- 19-20 Touch right toe back, drop heel down
- 21-22 Touch left toe back, drop heel down
- 23-24 Touch right toe back, unwind by turning right ½ pivot turn (weight on left)

TOE HEEL STRUTS, COASTER STEP, HOLD

- 25-26 Touch right toe back, drop heel down
- 27-28 Touch left toe back, drop heel down
- 29-32 Step right back, step left next to right, stomp right forward, hold

FLIP-FLOP STEPS WITH UNWIND ½ TURN RIGHT

- 33-34 Scuff left foot forward, brush left foot backwards over right foot
- 35-36 Touch left toe next to right (keep feet crossed), unwind by turning right ½ turn (weight on left, feet apart)

STEPS DIAGONALLY FORWARD, STAMP TWICE

- 37-38 Step right foot slightly forward, hold
- 39-40 Cross left over right, hold
- 41-42 Step right foot slightly forward, hold
- 43-44 Stamp left twice

STEPS DIAGONALLY FORWARD, ¼ TURN LEFT, STAMP TWICE

- 45-46 Step left foot slightly forward, hold
- 47-48 Cross right over left, hold
- 49-50 Step left foot to left turning ¼ to left, hold
- 51-52 Stamp right twice

FLIP-FLOP STEPS

- 53-54 Scuff right foot forward, brush right foot backwards over left foot
- 55-56 Touch right toe next to left (keep feet crossed), hold

FLIP-FLOP TURNS

- 57-58 Shoulder shimmy
- 59-60 Unwind ¼ turn to left with shoulder shimmy, shoulder shimmy
- 61-62 Unwind ¼ turn to left with shoulder shimmy, shoulder shimmy

63-64 Unwind $\frac{1}{4}$ turn to left with shoulder shimmy, shoulder shimmy (weight on left foot)

REPEAT

TAG

After wall 3

HEAD TURN, SEWINDER TO RIGHT, HEAD TURN, STAMP

- 1-2 Turn head to right and step right to right side, cross left behind
- 3-4 Step right to right side, cross left over right
- 5-6 Step right to right side, cross left behind
- 7-8 Step right to right side, turn head to left and stamp left

SEWINDER TO LEFT, STAMP

- 9-10 Step left to left side, cross right behind
 - 11-12 Step left to left side, cross right over left
 - 13-14 Step left to left side, cross right behind
 - 15-16 Step left to left side, stamp right
-