

Flip Flop Dance

Count: 64

Wand: 4

Ebene: Improver

Choreograf/in: Cathy Montgomery (CAN)

Musik: Evangeline - Chad Brock



At the end of the first rotation, before beginning the second, hold for 4 beats. Do this only once during the dance.

ROCK, RECOVER, CROSS HOLD, ROCK, RECOVER, CROSS HOLD

- 1-4 Rock right foot to right side, recover onto left, step right foot across left and hold
5-8 Rock left foot to left side, recover onto right, step left foot across right and hold.

RIGHT SIDEWINDER VINE

- 9-12 Step right foot to right side, step left foot behind right, step right foot to right side, step left foot in front of right
13-16 Step right foot to right side, step left foot behind right, step right foot to right side, touch left foot beside right.

LEFT SIDEWINDER VINE

- 17-20 Step left foot to left side, step right foot behind left, step left foot to left side, step right foot in front of left
21-24 Step left foot to left side, step right foot behind left, step left foot to left side, touch right foot beside left

STEP LOCK, STEP ½ TURN HITCH, WALK, WALK, WALK HITCH

- 25-28 Step right foot forward, step left foot behind right, step forward on right foot, ½ turn pivot on right foot to right shoulder while hitching left foot.
29-32 Walk back left, right, left, and hitch right foot.
33-40 Repeat 25-32

STEP, TOGETHER, STEP TOGETHER STEP

- 41-42 Step right foot forward, on a bit of an angle and hold
43-44 Step left foot beside right and hold
45-48 Step right foot forward, step left beside right, step right foot forward, and hold

STEP, TOGETHER, STEP TOGETHER STEP

- 49-50 Step left foot forward, on a bit of an angle and hold
51-52 Step right foot beside left, and hold
53-56 Step left foot forward, step right beside left, step left foot forward and hold

JAZZ BOX ¼ TURN, JAZZ BOX

- 57-60 Step right foot over left, step back onto left foot, ¼ turn to right stepping onto right foot, step left foot beside right
61-64 Step right foot over left, step back onto left foot, step right foot beside left, step onto left.

REPEAT