

Blow My Whistle

Count: 32

Wand: 4

Ebene: High Beginner

Choreograf/in: Anette C. Holtet (NOR) - September 2012

Musik: Whistle - Flo Rida



16 count intro – start on the word “whistle”

Restart after first 16 counts on wall 2 - 4 - 8

Step R heel, L toe, together, step L heel, R toe, together, R rock step, L shuffle ½ turn

1&2 Step forward right heel, step in place on left toe, step right together

3&4 Step forward on left heel, step in place on right toe, step left together

Styling: Bend knees a little and twist on heel from inside and out to the side

5-6 Rock forward on right, recover on left

7&8 Turn ¼ to right stepping right to right, step left together, turn ¼ to right stepping right forward

Step L heel, R toe, together, step R heel, L toe, together, L rock step, back, out, out

1&2 Step forward on left heel, step in place on right toe, step left together

3&4 Step forward right heel, step in place on left toe, step right together

Styling: Bend knees a little and twist on heel from inside and out to the side

5-6 Rock forward on left, recover on right

7&8 Step back on left, step right to right, step left to left

Sway right, sway left, left chasse, sway left, sway right, right chasse with ¼ turn left

1-2 Sway hips to right, sway hips to left

3&4 Step right to right, step left next to right, step right to right

5-6 Sway hips to left, sway hips to right

7&8 Step left to left, step right next to left, step left ¼ turn left stepping forward

Step, ½ turn left, shuffle ½ turn left, coaster, walk, walk

1-2 Step forward right foot, ½ turn to left put weight on left

3&4 ¼ turn left stepping right to right side, step left together, ¼ turn left stepping right back

5&6 Step left back, step, right next to left, step left forward

7-8 Walk forward on right, walk forward on left

REPEAT & HAVE FUN!

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