

Flash Dance

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Louise Murphy (UK)

Music: Flashdance...What a Feeling - Irene Cara



WALK WALK, HIP BUMPS, ROCK RECOVER, TRIPLE ½ TURN

- 1-2 Step forward left, right
- 3&4 Hips right, left, right
- 5-6 Rock forward onto left, rock back onto right
- 7&8 Triple step, ½ turn left, stepping left, right, left

WALK WALK, HIP BUMPS, TRIPLE ¼ TURN

- 9-10 Step forward right, left
- 11&12 Hips left, right, left
- 13-14 Rock forward onto right, rock back onto left
- 15&16 Triple step ¼ turn right, stepping right, left, right

CROSS SIDE BEHIND SIDE, CROSS ROCK, CHASSE LEFT

- 17-18 Cross left over right, step right to right side
- 19-20 Cross left behind right, step right to right side
- 21-22 Cross left over right, rock back onto right
- 23&24 Side shuffle left stepping left, right, left

CROSS SIDE BEHIND SIDE, CROSS ROCK CHASSE ¼ TURN

- 25-26 Cross right over left, step left to left side
- 27-28 Cross right behind left, step left to left side
- 29-30 Cross right over left, rock back onto left
- 31&32 Side shuffle right, turning ¼ turn right

PADDLE TURNS, CROSS ROCK, TRIPLE ½ TURN LEFT

- 33-36 Step forward left, paddle turn ¼ turn right (repeat to complete ½ turn right)
- 37-38 Cross rock left over right, rock back onto right
- 39&40 Triple step ½ turn left, stepping left, right, left

HEEL & CROSS, ROCK ROCK, SAILOR STEP, STEP PIVOT

- 41&42 Touch right heel forward, step back on right, cross step left over right
- 43-44 Rock right to right side, rock onto left in place
- 45&46 Cross right behind left, step left to left side, step right to right side
- 47-48 Step forward left, pivot ½ turn right

SHUFFLE FORWARD, ROCK RECOVER, TURN, TURN RIGHT SHUFFLE

- 49&50 Step forward left, close right behind, step forward left
- 51-52 Rock forward onto right, back onto left
- 53-54 Step right ¼ turn right on ball of right, pivot ¼ turn right stepping left forward
- 55&56 Step forward right, close left behind, step forward right

BEHIND & CROSS, ROCK STEP, BEHIND ¼ TURN, STOMP STOMP

- 57&58 Cross left behind right, step right to right side, cross left over right
- 59-60 Rock to right side on right, rock back onto left
- 61&62 Cross right behind left, step left to left side, cross right over left, turning ¼ left
- 63-64 Stomp forward left and right

REPEAT

The dance starts after the slow introduction on the words 'well I hear the music'. The hip bumps can be replaced by applejacks
