

# Flashing

Compte: 80

Mur: 1

Niveau: Easy Intermediate Soul



Chorégraphe: Loretta Hall-Martin - January 2015

Musique: Flashing - Dial Tone the Producer

Step-sheet prepared by Darla Moore - written from video demo'd by Linda Simms

Intro: 12 counts

## S1: STEP FORWARD, DIP, 4 X

1 - 4 Step RF forward (1), drop R heel and dip on RF (2), step LF forward (3), drop L heel and dip on LF (4)

5 - 8 Repeat above 4 counts (Do this 8 cts. with a little bounce and attitude)

## S2: STEP BACK, DIP, 4 X

1 - 4 Step RF back (1), drop R heel and dip on RF (2), step LF back (3), drop L heel and dip on LF (4)

5 - 8 Repeat above 4 counts (Do this 8 cts. with a little bounce and attitude)

## S3: TRIPLE STEP FORWARD, ½ TURN

1 - 4 Triple step forward (RLR) (1&2), step forward with LF (3), ½ turn R (4)

5 - 8 Triple step forward (LRL) (5&6), step forward with RF (7), ½ turn L (8)

## S4: ROCK EASY

1 - 4 Rock RF forward (1), recover LF (2), step RF back & ½ turn R (3), recover LF (4)

5 - 8 Rock LF back (5), recover LF (6), step forward RF with ¼ turn L (7), step LF (8)

## S5: TRIPLE STEP FORWARD, ½ TURN

1 - 4 Triple step forward (RLR) (1&2), step forward with LF (3), ½ turn R (4)

5 - 8 Triple step forward (LRL) (5&6), step forward with RF (7), ½ turn L (8)

## S6: ROCK EASY

1 - 4 Rock RF forward (1), recover LF (2), step RF back & ½ turn R (3), recover LF (4)

5 - 8 Rock LF back (5), recover LF (6), step forward RF with ¼ turn L (7), step LF (8)

## S7: GIVE ME 5

1 & 2 Touch RF out (1), touch RF in (&), touch RF out (2)

3, 4 Pull R knee up (3), slowly lower RF in front of LF (4) Raise hands up on 3 and lower down on 4

5 & 6 Touch LF out (5), touch LF in (&), touch LF out (6)

7, 8 Pull L knee up (7), slowly lower LF in front of RF (8) Raise hands up on 7 and lower down on 8

## S8: GIVE ME 5

1 & 2 Touch RF out (1), touch RF in (&), touch RF out (2)

3, 4 Pull R knee up (3), slowly lower RF in front of LF (4) Raise hands up on 3 and lower down on 4

5 & 6 Touch LF out (5), touch LF in (&), touch LF out (6)

7, 8 Pull L knee up (7), slowly lower LF in front of RF (8) Raise hands up on 7 and lower down on 8

## S9: PRETTY GIRL

1 - 4 Touch RF out (1), step RF back (2), touch LF out (3), step LF back (4)

5 - 8 Touch RF out (5), step RF back (6), touch LF out (7), step LF back (8)

## **S10: CROSS TURN, ROCK OUT**

1 – 4            Cross RF over LF (1), make a 3 count turn to L to face front (2,3,4) bounce or twist for attitude

5 – 8            Rock RF out (5), step RF slightly forward (6), rock LF out (7), step LF slightly forward (8)

**Descriptions are from the demo and tutorial videos. For styling, let your arms move with you. Videos show a few variations.**

**Possible country music: Limes by Brad Paisley**

**Contact: [djcharmin43@yahoo.com](mailto:djcharmin43@yahoo.com)**

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