

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

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