

Flatt Out Dance

Compte: 48

Mur: 2

Niveau:

Chorégraphe: Bracken Heidenreich (USA), Junior Willis (USA) & John Robinson (USA) - May 2017

Musique: Dance - Rascal Flatts : (Album: Back to Us - 3:22)



Intro: 24 counts

Restart after 32 counts during 5th repetition*

[1-8] □ TOUCH, AND TOUCH, AND TOUCH, TWIST, TWIST, FORWARD ROCK, TRIPLE STEP (ONE AND A HALF TURNS)

- 1&2& Touch R forward; & Step R next to L; Touch L forward; & Step L next to R
- 3&4 Touch R forward; & Twist R heel out; Twist R heel to center
- 5-6 Rock R forward; Recover L in place
- 7&8 Turn half right [6:00] stepping R forward; & Turn half right [12:00] stepping L next to R; Turn half right [6:00] stepping R forward

[9-16] □ WIZARD STEP, QUARTER WIZARD STEP, FORWARD ROCK, OUT OUT, BUMP BUMP

- 1,2& Step L forward; Lock R behind L; & Step L in place
- 3,4& Turn quarter right [9:00] stepping R forward; Lock L behind R; & Step R in place
- 5-6 Rock L forward; Recover R in place
- &7&8 & Step L to left side; Place R to right side; & Bump hips right; Bump hips left (weight L)

[17-24] □ SIDE, DRAG, BALL CROSS, SIDE, DROP AND ROLL, AND ROLL AND ROLL

- 1,2 Large step R to right side; Drag L toward R
- &3,4 & Step ball of L slightly back; Step R across L; Step L to left side
- 5-6 Bend knees, dropping hips, and scooping hips left to right
- &7&8 Scoop hips left to right twice, weight ending R

[25-32] □ BALL CROSS SIDE, SAILOR STEP, SAILOR THREE-QUARTER TURN LEFT, WALK, WALK

- &1,2 & Step ball of L slightly back; Step R across L; Step L to left side
- 3&4 Step R behind L; & Step L to left side; Step R to right side
- 5&6 Turn quarter left [6:00] stepping L behind right; & Turn quarter left [3:00] stepping R in place; Turn quarter left [12:00] stepping L forward
- 7-8 Walk R forward; Walk L forward

*Restart here during 5th repetition

[33-40] □ KICK, BALL STEP, BALL STEP, HITCH, BACK, TOUCH, QUARTER, TOUCH

For steps 1-6, angle hips to face 1:30, travel forward to 12:00

- 1&2 Kick R to forward right diagonal; & Step ball of R slightly behind L; Step L toward 12:00
- &3,4 & Step ball of R slightly behind L; Step L toward 12:00; Hitch R next to L
- 5-6 Step R back toward 4:30; Touch L next to R
- 7-8 Turn quarter left [9:00] stepping L to left side; Touch R next to L

[41-48] □ SIDE ROCK, SAILOR QUARTER RIGHT, STEP, HALF PIVOT, TRIPLE STEP (FULL TURN)

- 1-2 Rock R to right side; Recover L in place
- 3&4 Turn quarter right [12:00] stepping R behind L; Step L to left side; Step R to right side
- 5-6 Step L forward; Turn half right [6:00] transferring weight R
- 7&8 Turn half right [12:00] stepping L back; & Turn half right [6:00] stepping R next to L; Step L forward

TAG: After Wall 2, add these 4 counts, facing 12:00

- 1 Step R forward
- 2-3 Over two counts, smoothly roll body forward then transfer weight back to L
- 4 Touch R next to L

Note: Thank you very much to Linda Ellis for suggesting this track, and to Lu Rousch for suggesting the title of this dance.

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