

# Flex

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Sherry Barrett (USA) - April 2023

Musique: Flex - Cupid



## [1-8] R POINT, TOUCH, SIDE, TOGETHER, L POINT, TOUCH, SIDE, TOGETHER

1-4 Touch R Toe Side R, Touch R Together, Step R Side R, Slide L Together  
5-8 Touch L Toe Side L, Touch L Together, Step L Side L, Slide R Together

## [9-16] KICK AND KICK AND STEP TURN 1/4L, KICK AND KICK AND STEP TURN 1/4L

1&2& Kick R Forward, Step R, Kick L Forward, Step L  
3-4 Step R Forward, Turn 1/4l Shifting Weight To L  
5&6& Kick R Forward, Step R, Kick L Forward, Step L,  
7-8 Step R Forward, Turn 1/4l Shifting Weight To L

## [17-24] BUMP HIPS RR, LL, R, L, R, L

1-4 Bumps Hips Side R Twice, Bump Hips Side Left Twice  
4-8 Bump Hips Side R, Side L, Side R, Side L

## [25-32] HOP BACK, HOLD, HOP BACK, HOLD, PUSH TURN 1/4L

&1-2 Hop Backward R Then L, Hold  
&3-4 Hop Backward R Then L, Hold  
5-8 L Ball Of Foot Remains On The Floor As The R Ball Of Foot Touches 4 Times To Push  
Around 1/4l

**\*Step sheet created by Sherry Barrett**

**as danced at the Cotton Eyed Joe in Knoxville, TN [www.sherrybarrettart.com](http://www.sherrybarrettart.com) -[sherrybarrett8@gmail.com](mailto:sherrybarrett8@gmail.com)**

Updated 2/7/2024

Last Update - 7 Feb. 2024 - R1