

Shoot A Flare

Compte: 32

Mur: 1

Niveau: ultra Beginner straight rhythm



Chorégraphe: Carol Schwartz (USA)

Musique: Shipwrecked - The Sunshine Cowboys

STEP, TOUCH

- 1-2 Step to right side on right foot, touch left next to right
- 3-4 Step to left side on left foot, touch right next to left
- 5-6 Step to right side on right foot, touch left next to right
- 7-8 Step to left side on left foot, touch right next to left

SIDE, TOGETHER, SIDE, TOUCH

- 1-2 Step to right side on right foot, step on left foot next to right
- 3-4 Step to right side on right foot, touch left foot next to right
- 5-6 Step to left side on left foot, step on right foot next to left
- 7-8 Step to left side on left foot, touch right foot next to left

WALK BACK, WALK FORWARD

- 1-2 Step back on right foot, step back on left foot
- 3-4 Step back on right foot, touch left foot next to right
- 5-6 Step forward on left foot, step forward on right foot
- 7-8 Step forward on left foot, step on right foot next to left (weight on both feet)

HEEL SPLITS, HEEL TAPS

- 1-2 Split heels apart, bring heels together, weight on left foot
- 3-4 Tap right heel forward, step on right foot next to left (weight on both feet)
- 5-6 Split heels apart, bring heels together, weight on right foot
- 7-8 Tap left heel forward, step on left foot next to left (weight to left foot)

If you have a problem with the heel splits, softly bounce heels twice instead

REPEAT

TAG

When using "Sea Cruise" After 3rd, 6th and 9th sequence (chorus)

SHOOT A FLARE

- 1-4 Arms at sides, palms facing in, slowly raise hands (like a flare going up)
 - 5-8 Slowly lower arms, shaking hands. Weight on left foot
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