

# Flava

**Compte:** 48

**Mur:** 4

**Niveau:** Intermediate/Advanced

**Chorégraphe:** John Dembiec (USA) & Guyton Mundy (USA)

**Musique:** What's Your Flava? - Craig David



## **ROCK, 2 STEPS BACK, UNWIND, STEP, SLIDE, SHOULDER BUMPS**

- 1&2 Cross right rock over left while raising left, replace to left, step right back
- 3-4 Step left behind right, unwind a full turn to left
- 5-6 Left big step forward, slide right and touch next to left
- 7&8 Alternate should bumps left, right, left

## **KICKS FORWARD & BACK, HOPS, STEP, ¼ TURN, STEP, ½ TURN**

- 1-2 Right kick forward, right kick back
- 3&4 Right kick forward, right kick back with hop back on left, left hop back and right touch to left
- 5-6 Step right to right, make ¼ turn left
- 7-8 Step left back, make ½ turn left

## **LEG LIFT, CROSS, LIFT, HITCH, SIDE STEP ¼ TURN, 2 SAILORS**

- 1-2 Lift right leg up to right diagonal, hitch right over left
  - 3&4 Replace right leg to right diagonal, lift knee up, step right down to right with ¼ turn right
- Arm movement: follow your leg movement with right arm like a puppeteer for counts 1-4**
- 5&6 Left step behind right, step right to right, step left next to right
  - 7&8 Step right behind left, step left to left, step right next to left

## **SIDE STEP, ¼ TURN, WALKS, TOUCH, BACK STEP, COASTER**

- 1-2 Step right to right, make ¼ turn right (slide right arm across body left to right hip on count 1, let go 2)
- 3-4 Walk forward left, right
- 5-6 Touch left forward, step left back
- 7&8 Step right back, step left next to right, step right forward

## **STEP & BOUNCES (TWICE), ½ TURN, HITCH, SLIDE, SIDE STEPS**

- 1&2 Step left forward, raise and lower both heels
- 3&4 Step right forward, raise and lower both heels
- 5-6 Pivot ½ turn to left hitching left over right, step big left to left sliding right next to left
- 7&8 Step right behind left, step left to left, step right behind left

**Alternate shoulders right, left, right on 7&8**

## **¾ UNWIND, KICK, STEP, TOUCH, STEP, ¼ TURN, STEP, ½ TURN**

- 1-2 Unwind ¾ turn to right for 2 counts
- 3&4 Left kick forward, step left back, touch right next to left
- 5-6 Step right to right, make ¼ turn left
- 7-8 Step left back, make ½ turn left

**REPEAT**