

# Fling It Up

**Compte:** 48

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Annette Latimer (UK) - August 2007

**Musique:** Bumper Buffet - Krosfyah : (Album: Fire Proof)



## 16 count intro

### **R SIDE, L BEHIND, L HEEL JACK & CROSS, 2 X ¼ TURN R, L SHUFFLE FRWD.**

- 1-2 Step right to right side, step left behind right.  
&3&4 Step diagonally back on right foot, touch left heel diagonally forward, step left beside right, cross right over left.  
5-6 Step left to left side making ¼ turn right, make ¼ turn right stepping right to right side (6 o'clock)  
7&8 Left shuffle forward.

### **R STEP WITH HIP BUMPS, L STEP WITH HIP BUMPS, 2X STEP FORWARD, 2X STEP BACK.**

- 1&2 Step right foot forward on right diagonal bump hips forward, back, forward taking weight on right.  
3&4 Repeat 1-2 with left foot weight ends on left.  
5-6 Step right forward on right diagonal, step left forward on left diagonal.  
7-8 Step back right, left bringing feet together.

### **FULL PADDLE TURN LEFT, SIDE BACK ROCK RIGHT, LEFT.**

- 1-2 On ball of left make ¼ turn left, point right toe to right side, repeat (6 o'clock)  
3-4 Repeat steps 1-2 to complete full paddle turn left (6 o'clock)  
&5 Hitch right knee, take big step to right side, slide left towards right.  
6& Rock back on left, rock forward onto right.  
7-8& Step left big step to left side, slide right towards left, rock back on right, rock forward onto left.

### **FULL PADDLE TURN RIGHT, SIDE BACK ROCK LEFT, RIGHT.**

- 1 Step right to right side making ¼ turn right,  
2 On ball of right make ¼ turn right point left toe to left side.  
3-4 On ball of right make ¼ turn right pointing left toe to left side, repeat.  
&5 Hitch left knee, take big step to left side, slide right towards left.  
6& Rock back on right, rock forward onto left.  
7-8& Step right big step to right side, slide left towards right, rock back on left, rock forward onto right.

### **L SIDE, BEHIND, ¼ TURN LEFT, ½ PIVOT LEFT, KICK BALL OUT OUT, HOLD, FEET TOGETHER R, L**

- 1&2 Step left to left side, step right behind left, step left ¼ turn left.  
3-4 Step forward on right, ½ pivot turn left.  
5&6 Kick right forward, step right to right side, step left to left side.  
7 Hold.  
&8 Step right in place, step left beside right.

### **WALK R, L, JUMP OUT OUT, IN IN, R ROCK, ½ TURN R, STEP L.**

- 1-2 Walk forward right, left.  
&3 Jump feet apart right, left.  
&4 Jump feet together right, left.  
5-6 Rock forward on right, rock back onto left.  
7-8 On ball of left make ½ turn right, stepping forward on right, step forward left.