

Flippin' That!

拍数: 48 墙数: 0 级数: Phrased Intermediate
编舞者: David-Ian Blakeley (UK) & Paul James (UK) - September 2017
音乐: Know No Better (feat. Travis Scott, Camila Cabello & Quavo) - Major Lazer :
(iTunes)



Sequence – AA BA AA BA BB BA B

Part A

A[1-8] Rock Recover Sweep, Behind Side Rock, Step, Ball Hitch x2, Step Hitch.

- 1,2 Rock R foot to R corner (1) Recover weight onto L foot sweeping R foot from front to back (2)
3&4 Step R foot behind L (3) Step L to L (&) Rock R foot forward (4)
5 Recover weight by stepping back onto L foot (5)
6&7 Step onto R foot hitching L knee (6) Put weight onto L foot (&) Step onto R foot hitching L
knee (7)
8 Step slightly back on L foot hitching R knee (8)

A[9-16] Heel Grinds x2, ¼ turn L, Step, Hitch.

- 1,2& R foot heel grind (1) Step L foot in place (2) Step R foot next to L (&)
3,4& L foot heel grind (3) Step R foot in place (4) Step L foot next to R (&)
5,6 Step R foot forward (5) Make ¼ turn L (6)
7,8 Step L to L (7) Hitch R knee (8)

A[17-24] Sailor Step, Sailor ½ Turn, Triple Step Travel to R + L Corner.

- 1&2 Cross R foot behind L (1) Step L foot next to R (&) Step R to R (2)
3&4 Cross L foot behind R making ¼ turn L (3) Step R foot back making ¼ turn L (&) Step L foot
forward/in place (4)
5&6 Step R to R corner (5) Step L next to R (&) Step R to R corner (6)
7&8 Step L to L corner (7) Step R next to L (&) Step L to L corner (8)

***Lead the triple steps to the corners with your shoulders – see video for styling.**

A[25-32] Heel Jack, Ball Change Crosses x2, Monterey ½ Turn, Rock & Cross.

- 1&2 Cross R over L (1) Step L to L (&) Touch R heel to R corner (2)
&3&4 Step R foot in place (&) Cross L over R (3) Step R next to L (&) Cross L over R (4)
5,6 Point R toe to R (5) Make ½ turn over R shoulder closing feet together (6)
7&8 Rock L to L (7) Recover weight onto R foot (&) Cross L over R (8)

Part B – (Nightclub Timing)

B[1-8] NC Basic R, ½ Turn R, Step Cross, NC Basic R, ½ Turn R, Step Cross.

- 1,2& Step R to R (1) Close L next to R (2) Cross R just over L (&)
3,4& Step L to L Making ½ turn over R (3) Step R to R (4) Cross L over R (&)
5,6& Repeat counts 1,2&
7,8& Repeat counts 3,4&

B[9-16] Rock, Recover, Behind, Step, Cross Rock, Recover, Step, Cross, Unwind Sweep, Walk Back x2, ½ Turn, Step.

- 1,2& Rock R to R corner (1) Recover weight onto L (2) Cross R behind L (&)
3&4 Step L to L (3) Cross rock R over L (&) Recover weight onto L (4)
&5,6 Step R to R (&) Cross L over R (5) Unwind a full turn over the R, sweeping R from front to
back (6)
7&8& Walk back L, R (7&) Make ¼ turn L stepping back on R (8) Make ¼ turn L stepping forward
on L (&)

Happy Dancing

An instructional video will be available on YouTube –
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