

# 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 –  
Accounts: MrDavidoff1984 or cudgefudge

Contact – [david.i.blakeley@gmail.com](mailto:david.i.blakeley@gmail.com) or [paul.jc31@gmail.com](mailto:paul.jc31@gmail.com)

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