

Flip, Flop & Fly ... EZ

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Easy Beginner
编舞者: Val Saari (CAN) - December 2018
音乐: Flip Flop and Fly - Downchild Blues Band



TOE-STRUTS FWD (RL), HEEL-STRUTS FWD PIVOT 1/4 R (RL)

1-2 Touch toes of RF forward (1:00), Step heel down
3-4 Touch toes of LF forward (11:00), Step heel down
5-6 Pivot forward 1/4 R on RF heel, Step toes down
7-8 Step LF beside R on LF heel, Step toes down

MAMBO RIGHT, MAMBO LEFT

1-4 RF Rock side right, LF recover, RF close together beside L & hold
5-8 LF Rock side left, RF recover, LF close together beside R & hold

TOE-STRUTS FWD (RL), HEEL-STRUTS FWD PIVOT 1/4 R (RL)

1-2 Touch toes of RF forward (1:00), Step heel down
3-4 Touch toes of LF forward (11:00), Step heel down
5-6 Pivot forward 1/4 R on RF heel, Step toes down
7-8 Step LF beside R on LF heel, Step toes down

MAMBO RIGHT, MAMBO LEFT

1-4 RF Rock side right, LF recover, RF close together beside L & hold
5-8 LF Rock side left, RF recover, LF close together beside R & hold

HEEL SWITCHES (RL), SIDE POINTS (RL)

1-2 Touch RF heel forward, Step RF beside L
3-4 Touch LF heel forward, Step LF beside R
5-6 Point RF to right side, Step RF beside L
7-8 Point LF to left side, Step LF beside R

TRAVELLING SWIVELS WITH FINGER SNAPS RIGHT, LEFT

1-4 Swivel both heels to right, both toes to right, both heels to right, Snap R fingers
5-8 Swivel both heels to left, both toes to left, both heels to left, Snap L fingers

REPEAT - No Tags, No Restarts

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