

Flames

拍数: 32 墙数: 4 级数: High Intermediate
编舞者: Hiroko Carlsson (AUS) - February 2020
音乐: Flames - R3HAB, ZAYN & Jungleboi



(Intro: 16 counts)

[S1] Touch, Rumba Box, 1/2R Turning Shuffle, 3/4L Run

1 Touch forward on R
2&3 Step R to right, Step L next to R, Step forward on L
4&5 Step L to left, Step R next to L, Step back on L
6&7 Making a ½ turn right/ shuffle forward R-L-R (6:00)
8&1 3/4L circle run L-R-L (9:00)

[S2] Rock Fwd-1/2R, 2x Syncopated Pivot 1/2R into Stretch, Recover-3/4L Side-Together

2&3 Rock forward on R, Recover weight on L, Make a ½ turn right stepping forward on R (3:00)
4&5& Step forward on L, Make a ½ turn right recover weight on R, Step forward on L, Make a ½
 turn right recover weight on R
6 Step/stretch forward on L
7& Recover weight on R, Make a ½ turn left stepping forward on L (9:00)
8& Make a ¼ turn left stepping R to the side, Step L together** (6:00)

[S3] Side, Sailor Step, 1/4R Sailor Fwd, Chase Turn 1/2R-Fwd-Chase Turn 1/2L-Fwd

1 Big step R to the side
2&3 Left sailor step (L behind-R side-L side)
4&5 Make a ¼ turn right stepping R behind L, Step L beside R, Step forward on R (9:00)
6&7 Step forward on L, Make a ½ turn right recover weight on R, Step forward on L
8&8 Step forward on R, Make a ½ turn left recover weight on L, Step forward on R (9:00)

[S4] Cross, 1/4L Fall Away, Fwd, Slow Twist, Recover-Paddle Turn

1 Cross L over R
2&3 Make a 1/8 turn left stepping back on R, Step back on L, Step back on R
4&5 Make a 1/8 turn left stepping L to the side, Step forward on R, Step forward on L (6:00)
6 7 Twisting your body to 12:00 over 2 counts (making a ½ turn right slightly bend your knees)
8&8 Twist back (6:00)/weight recover on L, Step forward on R, Make a ¼ turn left recover weight
 on L (3:00)

Repeat

Restart on Wall 3 count 16 (12:00)**

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 23/Feb/20)