

Flatline

拍数: 78 墙数: 2 级数: Phrased Intermediate + WCS
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音乐: Flatline - Carolyn Miller



Introduction: 16 counts (on lyrics) Sequence: AABC(16) AB tag ACB final

Part A (16 counts) :

[1-8] HEEL FWD, TOE BACK, OUT OUT IN CROSS, UNWIND TRIPLE FULL TURN, 3x RUN BACK WITH SLIDE

1-2 Touch R heel forward, Touch R toe back
&3 Step on R heel diagonally forward R ↗, Step on L heel diagonally forward L ↖
&4 Step RF together, Cross LF over RF
5&6 Unwind ..1/2 turn R.. step RF forward, ..1/2 turn R.. Step LF back, Step RF back (12:00)
7&8 Step LF back, Step RF back, Big step LF back with slide RF together

[9-16] COASTER STEP, STEP TURN STEP, TOUCH SIDE, STEP FWD, TOUCH SIDE, STEP FWD

1&2 Step RF back, Step LF together, Step RF forward
3&4 Step LF forward, ..1/2 turn R.. Step RF forward, Step LF forward (6:00)
5-6 Touch R toe side, Step RF forward
7-8 Touch R toe side, Step LF forward

Part B (30 counts) :

[1-8] TOE HEEL STOMP, COASTER SWEEP, CROSS SHUFFLE FLICKING & LOOKING DOWN, BEHIND SIDE UP & KICK

1-2 Touch R toe together inward, Touch R heel forward outward, Cross stomp RF over LF
3&4 Step LF back, Step RF together, Cross LF over RF with sweep RF forward
5&6 Cross RF over LF, Step LF side, Cross RF over LF leg slightly bent with flick LF behind R leg
7&8 Cross LF behind RF, Step RF side, Up on R ball with kick LF side

Styling on count 6 : look down with R hand above eyebrows palm facing down or on your cowboy hat, on count 8 look back up

[9-16] CROSS SIDE BEHIND, 1/4, MAMBO 1/4, & TOUCH & SIDE, SWIVEL KNEES OUT IN, HITCH WITH SLAP

1&2 Cross LF over RF, Step RF side, Cross LF behind RF
3&4 .. 1/4 turn R.. Rock step RF forward, Recover on LF back, ..1/4 turn R.. Step RF side (6:00)
&5&6 Step LF together, Touch R toe side, Step RF together, Step LF side
7&8 Swivel both knees and toes out, Swivel both knees and toes in, Hitch & SLAP R knee with L hand

[17-24] 2x WALK, 1/4 & LOCK BEHIND (UP), UNWIND 1/2 TURN (DOWN), STEP TURN STEP, FULL TURN STEP

1-2 Step RF forward, Step LF forward
&3 .. 1/4 turn L.. Step RF side, Lock LF behind RF up on balls of foot (3:00)
4 Unwind ..1/2 turn L.. down flat weight on L (9:00)
5&6 Step RF forward, ..1/2 turn L.. Step LF forward, Step RF forward (3:00)
7&8 .. 1/2 turn R.. Step LF back, ..1/2 turn R.. Step RF forward, Step LF forward (3:00)

Styling on count 3 : SNAP R hand arm straight up et SNAP L hand arm straight side, on count 4 arms down

[25-30] MAMBO FWD, 1/2 L ROCK FWD, 1/4 L ROCK FWD, COASTER STEP

1&2 Rock step RF forward, Recover on LF back, Step RF back
&3 .. 1/2 turn L.. Rock step LF forward, Recover on RF (9:00)
&4 .. 1/4 turn L.. Rock step LF forward, Recover on RF (6:00)

5&6 Step LF back, Step RF together, Step LF forward
Styling on count 6 : Press on L ball dragging RF in flat

Part C (32 counts) :

[1-8] 2x WALK, MAMBO FWD, 2x BACK, COASTER CROSS

1-2 Step RF forward, Step LF forward
3&4 Rock step RF forward, Recover on LF back, Step RF back
5-6 Step LF back, Step RF back
7&8 Step LF back, Step RF together, Cross LF over RF

[9-16] SIDE, BEHIND, MAMBO CROSS, SIDE, BEHIND, MAMBO TOGETHER

1-2 Step RF side, Cross LF behind RF
3&4 Rock step RF side, Recover on LF side, Cross RF over LF
5-6 Step LF side Cross RF behind LF
7&8 Rock step LF side, Recover on RF side, Step LF together

Restart here after 16 count on first part C

[17-24] STEP TURN, STEP LOCK STEP, STEP TURN, FULL TURN

1-2 Step RF forward, ..1/2 turn L.. Step LF forward (6:00)
3&4 Step RF forward, Lock LF behind RF, Step RF forward
5-6 Step LF forward, ..1/2 turn R.. Step RF forward (12:00)
7-8 .. 1/2 turn R.. Step LF back, ..1/2 turn R.. Step RF forward (12:00)

[25-32] TOE HEEL STOMP, COASTER SWEEP, CROSS SHUFFLE FLICKING & LOOKING DOWN, BEHIND SIDE UP & KICK

1-2 Touch L toe together inward, Touch L heel forward outward, Cross stomp LF over RF
3&4 Step RF back, Step LF together, Cross RF over LF with sweep LF forward
5&6 Cross LF over RF, Step RF side, Cross LF over RF leg slightly bent with flick RF behind L leg
7&8 Cross RF behind LF, Step LF side, Up on L ball with kick RF side

Styling on count 6 : look down with R hand above eyebrows palm facing down or on your cowboy hat, on count 8 look back up

TAG (4 counts) :

[1-4] 4x WALK IN CIRCLE R

1-2 .. 1/4 turn R.. Step RF forward, ..1/4 turn R.. Step LF forward (12:00)
3-4 .. 1/4 turn R.. Step RF forward, ..1/4 turn R.. Step LF forward (6:00)

FINAL (10 counts...) :

[1-10] & LOCK & STEP, VINE TOUCH, 1 & ½ TURN, HITCH, BIG STEP SIDE WITH SLIDE & HEARTBEAT

&7&8 Step RF forward, Lock LF behind RF, Step RF forward, Step LF forward
1-2 Step RF side, Cross LF behind RF
3-4 Step RF side, Touch L toe together
5&6 .. 1/4 turn L.. Step LF forward, ..1/2 turn L.. Step RF back, ..1/2 turn L.. Step LF forward (3:00)
&7-8 .. 1/4 turn L.. Hitch R knee, Big step RF side, Slide LF together (12:00)

Styling on counts 7-8 draw a flatline from R to L with L hand palm facing down, R hand on chest popping with the final heartbeats

HAVE FUN !!!
