

Easy Flow

拍数: 40 墙数: 4 级数: Improver
编舞者: Forty Arroyo (USA) - March 2022
音乐: Nu Flow - Big Brovaz



A Hayloft Floor Split for the intermediate dance "Nu Flow" by Masters In Line

#31 count intro – starts on count 32

[1-8] KICK BALL CHANGE, STEP, CLAP, KICK BALL CHANGE, STEP CLAP

1&2 Kick R forward, Step ball of R in place, Step slightly forward on L
3,4 Step R forward , Clap
5&6 Kick L forward, Step ball of L in place, Step slightly forward on R
7,8 Step L forward, Clap

[9-16] BACK R, TOUCH L, BACK LEFT, TOUCH R - REPEAT

1,2 Step back R right diagonal, Touch L next to R
3,4 Step back L left diagonal, Touch R next to L
5,6 Step back R right diagonal, Touch L next to R
7,8 Step back L left diagonal, Touch R next to L

[17-24] V STEP (OUT, OUT, IN, IN), TAP, TAP, KICK, TOUCH

1,2 (Out, Out) Step forward R right diagonal, Step L forward L left diagonal
3,4 Step R in place – original position, Step L next to R
5,6 Tap R toes next to L – twice
7,8 Kick R forward – R diagonal, Touch R next to L

[25-32] CHASSE' R, ROCK, RECOVER, VINE L WITH ¼ L

1&2 Step R to side, Step L next to R, Step R to side
3,4 Rock back on L, Recover weight on R
5-8 Step L to side, Step R behind, Step forward on L making ¼ L, Touch R next to L – end at 9:00

[33-40] TWO MONTEREY TURNS WITH ¼ TURN RIGHT

1,2 Touch R out to side, Turning ¼ to right - step R next to L
3,4 Touch L out to side, Step L next to R
5,6 Touch R out to side, Turning ¼ to right - step R next to L
7,8 Touch L out to side, Step L next to R (end at 3:00)