

# Eternal Flame

拍数: 36      墙数: 4      级数: Improver  
编舞者: Tina Argyle (UK) - September 2022  
音乐: Eternal Flame - The Bangles : (Album: The Best Of The Bangles - Single)



Count In : 8 counts from start of track - start dancing just before lyrics

## R Step Fwd. Mambo Fwd Step Back. Mambo Back. ¼ Basic NC Step. Long Side Step. Behind, Side

- 1,2&      Step fwd R. Rock L fwd recover weight onto R
- 3      Step back L
- 4&      Rock back R recover weight onto L
- 5,6&      Make ¼ turn left taking long step R to right side, rock L behind R, recover weight onto R (9 o'clock)
- 7,8&      Take long step L to left side, cross R behind L, step L to left side

## Cross Rock Recover & Cross Rock Recover, Modified Sailor ¼ Turn. Step ¼ Turn. Cross Shuffle

- 1,2&      Cross rock R over L recover, step R at side of L
- 3- 4      Cross rock L over R, recover weight onto R sweeping L anti-clockwise
- 5&6      Make ¼ turn left stepping back L, step R next to L, step Fwd L
- 7&      Step fwd R, make ¼ turn left onto L
- 8&1      Cross R over L, close L at side of R, cross R over L

## Scissor Step. Rumba Box Fwd, Sweep, Step Back With Sweep x 2

- 2&3      Step L to left side, Close R at side of L, Cross L over R
- 4&5      Step R to right side, Close L at side of R, Step Fwd. R
- 6&7      Step L to left side, Close R at side of L, Step back L sweeping R clockwise
- 8      Step back R sweeping L anti-clockwise
- 1      Step back L sweeping R clockwise

## Modified Sailor ¼ Turn. Step Fwd. L. R Mambo Fwd. L Coaster Step

- 2&3      Make ¼ turn right stepping back R, Step L at side of R, Step Fwd R
- 4      Step Fwd. L
- 5&6      Rock fwd R, recover weight onto L, Step back R
- 7&8      Step back L, Step back R, Step Fwd. L

## Side Rock ¼ Turn. Step Fwd. Full Spiral Turn Left. Step Fwd. L

- 1 - 2      Rock R to right side (for styling point L toe to left side as you rock) Make ¼ turn left onto L
- 3&      Step R Fwd and slightly across L, Make full turn left on ball of R hooking L over R shin
- 4      Step Fwd. L

(Alternative move for Spiral Turn, Step fwd. R, Hitch L knee, Step fwd L)

## ReStarts

Walls 3 & 5 – Wall 3 you'll re start facing 12 o'clock - Wall 5 you'll re start facing 9 o'clock  
Restart the dance by stepping forward R after the single L step Fwd – Count 4 of Section 4  
Wall 4 - Wall 4 you'll re start facing 3 o'clock  
Restart the dance on the R step Fwd. Of the Rumba Box – Count 5 of Section 3

The re starts are all one after the other on walls 3,4 & 5 – then you can sing your head off!! lol