

# Flex

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Sherry Barrett (USA) - April 2023  
音乐: Flex - Cupid



## [1-8] R POINT, TOUCH, SIDE, TOGETHER, L POINT, TOUCH, SIDE, TOGETHER

1-4      Touch R Toe Side R, Touch R Together, Step R Side R, Slide L Together  
5-8      Touch L Toe Side L, Touch L Together, Step L Side L, Slide R Together

## [9-16] KICK AND KICK AND STEP TURN 1/4L, KICK AND KICK AND STEP TURN 1/4L

1&2&      Kick R Forward, Step R, Kick L Forward, Step L  
3-4      Step R Forward, Turn 1/4l Shifting Weight To L  
5&6&      Kick R Forward, Step R, Kick L Forward, Step L,  
7-8      Step R Forward, Turn 1/4l Shifting Weight To L

## [17-24] BUMP HIPS RR, LL, R, L, R, L

1-4      Bumps Hips Side R Twice, Bump Hips Side Left Twice  
4-8      Bump Hips Side R, Side L, Side R, Side L

## [25-32] HOP BACK, HOLD, HOP BACK, HOLD, PUSH TURN 1/4L

&1-2      Hop Backward R Then L, Hold  
&3-4      Hop Backward R Then L, Hold  
5-8      L Ball Of Foot Remains On The Floor As The R Ball Of Foot Touches 4 Times To Push  
Around 1/4l

**\*Step sheet created by Sherry Barrett  
as danced at the Cotton Eyed Joe in Knoxville, TN [www.sherrybarrettart.com](http://www.sherrybarrettart.com) -sherrybarrett8@gmail.com**

Updated 2/7/2024

Last Update - 7 Feb. 2024 - R1