

Ri-Flex

拍数: 32 墙数: 2 级数: Intermediate
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音乐: Top O' the Morning to Ya - House of Pain



SIDE ROMPS

- &1 Weight on right, jump slightly back on left 45 degrees left, touching (tap) right heel forward
&2 Stepping back on right to center, step left beside right
- &3 Jump slightly back on right 45 degrees right, touching (tap) left heel forward
&4 Step back on left to center, touching right beside left

FORWARD WALK, ½ TURN WITH QUICK TOE HEEL STEP

- 5 Step forward on right
6 Step forward on left
- 7 Step forward on ball of right (10:30 o'clock - left heel will be raised)
& Making ½ turn left (6 o'clock), step down on heel of left
8 Left forward of right, drop right heel

STEP BACK, TOE TOUCH

- 9 Step back on left
10 Step back on right
11 Step back on left
12 Touch right toe beside left

CAMEL WALK

Instead of camel walks, you can just walk forward.

- 13 Stepping slightly forward on right, slide touch left to beside right (left knee bent)
14 Stepping slightly forward on left, slide touch right to beside left (right knee bent)
15 Stepping slightly forward on right, slide touch left to beside right (left knee bent)
16 Stepping slightly forward on left, slide touch right to beside left (right knee bent)

REVERSE FULL TURN

- 17-18 Cross touching right toe to floor behind left, pivot on balls of both feet full turn right, shifting weight to left

SIDE ROMPS

- &19 Pushing off with ball of right, jump slightly back on left 45 degrees left, touching right heel forward
&20 Stepping back on right to center, step left beside right
- &21 Jump slightly back on right 45 degrees right, touching (tap) left heel forward
&22 Stepping back on left to center, touch right beside left
- &23 Pushing off with ball of right, jump slightly back on left 45 degrees left, touching (tap) right heel forward
&24 Stepping back on right to center, step left beside right

SYNCOPATED HEEL-TOE SWITCHES

- 25 Touch right heel forward
&26 Stepping back on right to center, touch (tap) left heel forward

&27 Stepping back on left to center, touch (point) right toe out to right side

&28 Stepping right in to center, touch (point) left toe out to left side

SYNCOPATED SIDE SLIDE (PULLING THE ROPE)

29 Leaning upper body to left side, keeping left leg extended, shift weight onto ball of left

&30 Stepping right in to beside left (leaning upper body slightly to right), touch (point) left toe out to left side

31 Leaning upper body to left side, keeping left leg extended, shift weight onto ball of left

&32 Stepping right in to beside left (leaning upper body slightly to right), touch (point) left toe out to left side

REPEAT
