

White Flag

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Alison J. Austerberry (UK)
音乐: White Flag - Dido



SKATE, SKATE, SHUFFLE, SKATE, SKATE, SHUFFLE

1-2 Skate forward diagonally right, skate forward diagonally left
3&4 Step forward right diagonally, close left beside right, step forward right
5-6 Skate forward diagonally left, skate forward diagonally right
7&8 Step forward left diagonally, close right beside left, step forward left

SLIDE STEPS RIGHT AND LEFT, SWAY 1/8 TURN, SWAY 1/8 TURN

9-10 Large step right to right side, slide left up next to right without weight
11-12 Large step left to left side, slide right up to next to left without weight
13-14 Step 1/8 turn left on ball of left foot, swaying hips to right
15-16 Step 1/8 turn left on ball of left foot, swaying hips to right

MAMBO ROCK, ROCK RECOVER, CROSS SHUFFLE, MAMBO ROCK

17&18 Mambo rock forward on right, rock back on left, step back on right
19-20 Rock left to left side, recover on right
21&22 Cross left over right, step right to right side, cross left over right
23&24 Mambo rock right to right side, rock onto left, step right next to left

MAMBO ROCK, SIDE CLOSE SIDE, RIGHT SAILOR STEP, LEFT SAILOR STEP

25&26 Mambo rock back on left, rock back on right, touch left next to right
27&28 Step left to left side, close right next to left, step left to left side
29&30 Sailor step right behind left, step on left, step on right
31&32 Sailor step left behind right, step on right, step on left

REPEAT

When dancing to White Flag there are optional arm movements during the dance; waving arms in a flag motion, and holding up in surrender position. They will be obvious from the words of the song.
