

Flashback

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Gerard Murphy (CAN)
音乐: Best Friend - S Club 7



ROCK & ¼ STEP, ¼ STEP, ROCK & RIGHT TRIPLE STEP FORWARD, LEFT TRIPLE STEP FORWARD

- &1 Step back onto ball of right, step forward onto left
- 2-3 Step right ¼ turn right, step left forward making another ¼ turn right (now facing back wall)
- &4 Step back onto ball of right, step forward onto left
- 5&6 Step right forward, step left next to right, step right forward (traveling diagonally right, pushing right hips forward on right steps)
- 7&8 Step left forward, step right next to left, step left forward (traveling diagonally left, pushing left hips forward on left steps)

KICK, STEP, STEP FORWARD, DOWN, UP, TOUCH, STEP FORWARD, TOUCH & TOUCH

- 9&10 Kick right forward, step right next to left, step left forward
- 11-12 Bend knees down, up (option: body roll for 11&12)
- 13-14 Touch left toes in front of right toes, step left forward
- 15&16 Touch right toes behind left heel, step right back, touch left toes in front of right toes

COASTER BACK ¼ RIGHT, RIGHT BUMPS, LEFT BUMPS, ¼ STEP, TOUCH

- 17&18 Left coaster step back making ¼ turn right - left, right, left
- 19-20 Step right slightly to right & bump right hip, bump right hip again
- 21-22 Bump left hip twice
- 23-24 Step right ¼ turn right, touch left toes next to right

KICK, BALL, CROSS, STEP/BEND, DRAG/TOUCH, ¼ STEP, KICK, STEP BACK, TOUCH, SNAP

- 25&26 Kick left forward, step on ball of left next to right, cross right over left
- 27-28 Step left to left while bending knees down, drag & touch right next to left while bringing knees back up
- 29-30 Step right ¼ turn right, kick left across front of right
- &31 Step left back diagonally to left, touch right next to left
- 32 Snap fingers in air

REPEAT
