

# Flashback

拍数: 32                      墙数: 4                      级数: Improver  
编舞者: Jeni Roution & Mandy Book  
音乐: Sometimes Bad Is Bad - Huey Lewis



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## RIGHT TOE TOUCH (SPLIT WEIGHT), RECOVER LEFT, LOCK STEP FORWARD, SIDE ROCK CROSS, ½ TURN SWEEP TO LEFT

- 1                      Touch right foot forward splitting weight (lean into right foot)
- 2                      Return weight to the left (push off with right foot)
- 3&4                    Locking shuffle step forward (right, left, right)
- 5                      Rock side left
- &                      Take weight on right foot
- 6                      Cross left foot in front of right (take weight on left)
- 7                      Sweep right foot with ½ turn to left
- 8                      End sweep with right foot in front, but keep weight back on left foot

## REPEAT FIRST 8 COUNTS BUT FULL SWEEPING TURN ON COUNT 7

- 1                      Touch right foot forward splitting weight (lean into right foot)
- 2                      Return weight to the left (push off with right foot)
- 3&4                    Locking shuffle step forward (right, left, right)
- 5                      Rock side left
- &                      Take weight on right foot
- 6                      Cross left foot in front of right (take weight on left)
- 7                      Sweep right foot with full turn to left
- 8                      End sweep with right foot to the side

## RIGHT SAILOR STEP, CROSS LEFT OVER RIGHT, UNWIND ¾ TURN TO RIGHT, KICK RIGHT - STEP BACK ON RIGHT, SHIFT WEIGHT BACK

- 1&2                    Sailor step (right, left, right)
- 3                      Cross left foot over right
- 4                      Unwind ¾ turn to right (putting weight onto left foot)
- 5                      Kick right foot forward
- 6                      Step back onto right foot
- 7                      Shift weight forward to left foot
- 8                      Shift weight back onto right foot

On weight shifts (7-8), throw head forward on 7 and back on 8 for attitude

## KICK & CROSS SERIES WITH ¼ TURN RIGHT AND HITCH TURN ¼ RIGHT

- 1&2                    Kick and cross (kick with left foot, cross over right, point right toe to right side)
- 3&4                    Kick and cross with turn (kick with right foot, cross over left, ¼ turn and point left to side)
- 5&6                    Kick and cross (kick left, cross left over right, point right toe to side)
- 7-8                    Hitch right foot behind left knee and make ¼ turn to right

REPEAT

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