

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



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
