

# Flava

拍数: 48      墙数: 4      级数: Intermediate/Advanced  
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音乐: What's Your Flava? - Craig David



## ROCK, 2 STEPS BACK, UNWIND, STEP, SLIDE, SHOULDER BUMPS

1&2      Cross right rock over left while raising left, replace to left, step right back  
3-4      Step left behind right, unwind a full turn to left  
5-6      Left big step forward, slide right and touch next to left  
7&8      Alternate should bumps left, right, left

## KICKS FORWARD & BACK, HOPS, STEP, ¼ TURN, STEP, ½ TURN

1-2      Right kick forward, right kick back  
3&4      Right kick forward, right kick back with hop back on left, left hop back and right touch to left  
5-6      Step right to right, make ¼ turn left  
7-8      Step left back, make ½ turn left

## LEG LIFT, CROSS, LIFT, HITCH, SIDE STEP ¼ TURN, 2 SAILORS

1-2      Lift right leg up to right diagonal, hitch right over left  
3&4      Replace right leg to right diagonal, lift knee up, step right down to right with ¼ turn right

**Arm movement: follow your leg movement with right arm like a puppeteer for counts 1-4**

5&6      Left step behind right, step right to right, step left next to right  
7&8      Step right behind left, step left to left, step right next to left

## SIDE STEP, ¼ TURN, WALKS, TOUCH, BACK STEP, COASTER

1-2      Step right to right, make ¼ turn right (slide right arm across body left to right hip on count 1, let go 2)  
3-4      Walk forward left, right  
5-6      Touch left forward, step left back  
7&8      Step right back, step left next to right, step right forward

## STEP & BOUNCES (TWICE), ½ TURN, HITCH, SLIDE, SIDE STEPS

1&2      Step left forward, raise and lower both heels  
3&4      Step right forward, raise and lower both heels  
5-6      Pivot ½ turn to left hitching left over right, step big left to left sliding right next to left  
7&8      Step right behind left, step left to left, step right behind left

**Alternate shoulders right, left, right on 7&8**

## ¾ UNWIND, KICK, STEP, TOUCH, STEP, ¼ TURN, STEP, ½ TURN

1-2      Unwind ¾ turn to right for 2 counts  
3&4      Left kick forward, step left back, touch right next to left  
5-6      Step right to right, make ¼ turn left  
7-8      Step left back, make ½ turn left

**REPEAT**