

Flick!

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Avril King (UK)
音乐: Rock 'N' Roll Is Here to Stay - Sha Na Na



ROCK FORWARD, SIDE, SAILOR STEP, SIDE FLICK

1& Rock forward onto the right leg, replace the weight on the left leg
2& Rock on the right leg to the right side, replace the weight on the left
3&4 Step the right behind the left, step the left to the left side, step the right leg over the left
& Flick the left leg out to the left side

CROSS AND UNWIND FULL TURN, FORWARD SHUFFLE

5-6 Cross the left leg over the right and unwind a full turn ending with the weight on the right
7&8 Step forward on the left, close the right next to left, step left forward

PIVOT ½ TURN, 2 PADDLE TURNS

9-10 Step forward on the right and make a half turn to the left finishing with weight on the left
11&12& Step right forward and make a quarter turn to the left ending with weight on left (repeat)

TRAVELING PIGEON TOES, FLICK, SAILOR STEP

13&14 Step the right next to left with both toes facing in towards each other, then twist the right toe out and bring the left heel in (leaving both toes facing outward), then twist the right heel out and twist the left toe in, leaving you in the position you started
& Flick the left leg out to the left side, adjusting the right leg to a comfortable standing position
15&16 Step the left leg behind the right, step the right to the right side, step the left in place

JAZZ BOX, STEP ¼ TURN, STEP ½ PIVOT TURN, SHUFFLE ½ TURN

17-18 Step the right across the left, step back on the left
19&20 Step the right to the right side, step the left across the right, step the right to the right side making a quarter turn to the right
21-22 Step forward on the left, pivot half a turn to the right, finishing with weight on the right
23&24 Step forward on the left, step forward on the right making a half turn, turning via the right, step the left in place

Steps 23-24 are a shuffle step making a half turn, but turning back on yourself

ROCK BACK, STEP FORWARD SIDE FLICK (TWICE), STOMP

25& Rock back on the right, replace the weight on the left
26& Step forward on the right, flick the left leg out to the side
27& Repeat steps 26& on the left
28 Step the right in place next to the left

ROCK STEP, ¼ TURN TO RIGHT, WALKS FORWARD

29&30 Rock the left to the left side, replace the weight onto the right making a ¼ turn to the right, step the left forward
31-32 Walk forward right then left

REPEAT