

The Flick

拍数: 32 墙数: 4 级数: Improver
编舞者: Mary Kelly (UK)
音乐: Delores - The Mavericks



- 1 Scoot back on the ball of left foot, at the same time flick right foot forward
& Repeat 1
2 Step back on right foot
3 Touch left toe back
4 Step forward on left foot
5-8 Repeat counts 1-4
- 9 Touch right foot to right side
& Pivot 1/8 turn to left on ball of left foot, at same time flicking right heel back diagonally right
10& Repeat 9&
11 Repeat 9
& Pivot 1/4 turn to left on ball of left foot, at the same time flicking right heel back diagonally right
12 Stomp right foot level with left foot, about six inches apart
13 Fan left heel to left, at the same time, fan right toe to right
14 Fan left heel and right toe back in place
15 Fan left toe to left, at the same time, fan right heel to right
& Fan left toe and right heel back in place
16 Repeat 13
& Repeat 14
- 17 Stomp right foot in front of left foot
& Swing right foot in an arc to right
18 Step back on right foot
& Rock back on left foot
19 Rock forward on right foot
20 Step forward on left foot
21-24 Repeat counts 17-20
- & Step right foot beside left foot
25 With feet together, raise both toes from floor and fan apart
& Replace feet together
26& Repeat 25&
27 Raise both heels and fan apart
& Replace feet together
28& Repeat 27&
29 With weight on the ball of left foot and right heel, swivel to right
& Swivel back in place
30 With weight on the ball of right foot and left heel, swivel to left
& Swivel back in place
31 Step quarter turn to right with right foot
32 Stomp left foot beside right

REPEAT