

Flip Flop Hop

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Waylon Robbins (USA)
音乐: Givin' Water to a Drowning Man - Lee Roy Parnell



KICKS & TWIST

- 1-2 Kick right foot forward; step right foot next to left
3-4 Kick left foot forward; step left foot next to right
5-6 Kick right foot forward; step right foot next to left while shifting both heels to right
7 Switch weight to heels of feet and twist both toes to the right
8 Switch weight to balls of both feet and twist both heels to center
- 9-10 Kick left foot forward; step left foot next to right
11-12 Kick right foot forward; step right foot next to left
13-14 Kick left foot forward; step left foot next to right while shifting both heels to the left
15 Switch weight to heels of both feet and twist toes to the left
16 Switch weight to toes of both feet and twist heels to center

RIGHT VINES WITH ¼ TURNS

- 17-18 Step right foot to right; cross left foot behind right
19-20 Step right foot to right; hop on both feet making ¼ turn to right (landing with feet together and weight on left foot)
21-22 Step right foot to right; cross left foot behind right
23-24 Step right foot to right; hop on both feet making ¼ turn to right (landing with feet together and weight on left foot)

CROSS STEPS, STEP & TOUCH

- 25-26 Step right foot back; drag left foot across and in front of right
27-28 Step right foot back; drag left foot across and in front of right
29-30 Step right foot to right; touch left toe next to right (snap fingers)
31-32 Step left foot to left; touch right foot next to left (snap fingers)

SYNCOPATED SIDE TOUCHES, HALF TURNS

- &33 Step right foot quickly to right; touch left toe next to right
34 Clap hands
&35 Step left foot quickly to left; touch right toe next to left
36 Clap hands
37-38 Step right foot forward; make ½ turn to left (weight to left foot)
39-40 Step right foot forward; make ½ turn to left (weight to left foot)

SCUFFS, SEPARATED HEEL SPLITS

- 41-42 Scuff right foot forward; step right foot next to left
43-44 Scuff left foot forward; step left foot next to right
45 Scuff right foot forward
46 Step right foot behind left (left foot straight forward and right foot at angle toward 2:00)
47 With weight on balls of both feet, twist both heels in
&48 Twist both heels out; twist both heels in

REPEAT