

# Flip, Flop & Fly ... EZ

**COPPER KNOB**  
STEPPERS

拍數: 48      牆數: 4      級數: Easy Beginner  
編舞者: Val Saari (CAN) - December 2018  
音樂: Flip Flop and Fly - Downchild Blues Band



## TOE-STRUTS FWD (RL), HEEL-STRUTS FWD PIVOT 1/4 R (RL)

1-2      Touch toes of RF forward (1:00), Step heel down  
3-4      Touch toes of LF forward (11:00), Step heel down  
5-6      Pivot forward 1/4 R on RF heel, Step toes down  
7-8      Step LF beside R on LF heel, Step toes down

## MAMBO RIGHT, MAMBO LEFT

1-4      RF Rock side right, LF recover, RF close together beside L & hold  
5-8      LF Rock side left, RF recover, LF close together beside R & hold

## TOE-STRUTS FWD (RL), HEEL-STRUTS FWD PIVOT 1/4 R (RL)

1-2      Touch toes of RF forward (1:00), Step heel down  
3-4      Touch toes of LF forward (11:00), Step heel down  
5-6      Pivot forward 1/4 R on RF heel, Step toes down  
7-8      Step LF beside R on LF heel, Step toes down

## MAMBO RIGHT, MAMBO LEFT

1-4      RF Rock side right, LF recover, RF close together beside L & hold  
5-8      LF Rock side left, RF recover, LF close together beside R & hold

## HEEL SWITCHES (RL), SIDE POINTS (RL)

1-2      Touch RF heel forward, Step RF beside L  
3-4      Touch LF heel forward, Step LF beside R  
5-6      Point RF to right side, Step RF beside L  
7-8      Point LF to left side, Step LF beside R

## TRAVELLING SWIVELS WITH FINGER SNAPS RIGHT, LEFT

1-4      Swivel both heels to right, both toes to right, both heels to right, Snap R fingers  
5-8      Swivel both heels to left, both toes to left, both heels to left, Snap L fingers

**REPEAT - No Tags, No Restarts**

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