

Flik Flak

拍數: 64 牆數: 2 級數: Beginner
編舞者: Gabi Ibáñez (ES) - May 2018
音樂: Freak Flag - Alex Williams



intro in count: 64

[1-8] HEEL STRUT(R), HEEL STRUT (L), ROCKING CHAIR (R)

1-2 Touch right heel fwd, drop right ball on the floor
3-4 Touch left heel fwd, drop left ball on the floor
5-6 Rock forward with right, recover onto left
7-8 Rock back with right, recover onto left

[9-16] HEEL STRUT(R), HEEL STRUT (L), ROCKING CHAIR (R)

1-2 Touch right heel fwd, drop right ball on the floor
3-4 Touch left heel fwd, drop left ball on the floor
5-6 Rock forward with right, recover onto left
7-8 Rock back with right, recover onto left

[17-24] STEP(FWD), HITCH, STEP(BWD), HITCH, STEP(BWD), HITCH, STEP(FWD), SCUFF(R)

1-2 Right Step forward, Hitch left knee
3-4 Left Step back, Hitch right Knee
5-6 Right Step back, hitch left knee
7-8 Left Step forward, Scuff right foot

[25-32] JAZZBOX with TOE STRUTS

1-2 Cross right toe over left foot, drop right heel
3-4 Left toe back, drop left heel
5-6 Right toe to right, drop right heel
7-8 Left toe forward, drop left heel

Restart: Here, on 3th wall there is RESTART (looking 12h)

[33-40] STEP(R), TOUCH (L), STEP(L), TOUCH (R), STEP(R), SIDE, STEP(R), TOUCH (L)

1-2 Right step to right, touch left step next to right
3-4 Left step to left, touch right step next to left
5-6 Right step to right, Left step next to right
7-8 Right step to right, Left step next to right

[41-48] STEP(L), TOUCH (R), STEP(R), TOUCH (L), STEP(L), SIDE, STEP(L), SCUFF(R)

1-2 Left step to left, touch right step next to left
3-4 Right step to right, touch left step next to right
5-6 Left step to left, Right step next to left
7-8 Left step to left, Scuff right foot

[49-56] STEP(FWD), HOLD, ¼ TURN to LEFT, HOLD, STEP (FWD), HOLD, ¼ TURN to LEFT, HOLD

1-2 Right step forward, Hold
3-4 ¼ turn to left, Hold (9h)
5-6 Right step forward, Hold
7-8 ¼ turn to left, Hold (6h)

[57-64] SWIVETS(L&R), TOE (R), TOGETHER, TOE (L), TOGETHER

1-2 Turn toes to left (weight in left heel and in right toe), recover toes in center
3-4 Turn toes to right (weight in left toe and in right heel), recover toes in center

5-6 Touch right toe to right, right step together
7-8 Touch left toe to left, left step together

REPEAT

RESTART: The song requires a RESTART in count 32 on 3th wall.

THE END OF DANCE: Looking at 12h we dance until count 32 and we add STOMP right foot forward

E-mail: ibaezmonroy@yahoo.es - tel: (0034) 646 34 88 48

facebook: Gabi Ibañez Molto i Paqui Monroy

Stepsheet: Paqui Monroy
