

Flames

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Stéphanie Bijon (FR) - January 2020
音樂: Flames - R3HAB, ZAYN & Jungleboi



Intro : 32 counts - Phrasing : A B A restart A B A

Part A: 32 counts

[1-8] – R STEP FORWARD, L LOCK, R STEP LOCKSTEP, L TOUCH with CLAP, L STEP FORWARD, R LOCK, L STEPLOCKSTEP, R TOUCH with CLAP

12 Step R forward (1), Lock L behind R (2)
&3&4 Step R forward (&), Lock L behind R (3), Step R forward (&), Touch LF next to R with a clap (4)
56 Step L forward (5), Lock R behind L (6)
&7&8 Step R forward (&), Lock L behind R (7), Step R forward (&), Touch RF next to L with a clap (8)

[9-16] – R ROCK FORWARD, L RECOVER, R ¼ TURN, L CROSS SHUFFLE, R SIDE, L BEHIND SIDE CROSS SHUFFLE

12 Rock R forward (1), Recover on L (2)
&3&4 ¼ turn to R, RF to R side (&), Cross L over R (3), Step R to R side (&), Cross L over R (4)
03:00
56 Step R to R side (5), Cross L behind R (6)
&7&8 Step R to R side (&), Cross L over R (7), Step R to R side (&), Cross L over R (8)

****Restart**

[17-24] – R STOMP, L TOUCH with CLAP, L SHUFFLE BACK, R TOUCH, R STOMP, L TOUCH with CLAP, L SHUFFLE FORWARD

12 Stomp R on diagonal (1), Touch L behind R with a clap (2)
&3&4 Step L back on diagonal L (&), Step R next to L (3), Step L back on diagonal L (&), Touch R next to L (4)
56 Stomp back R on diagonal R (5), Touch L next to R with a clap (6)
&7&8 Step L forward on diagonal L (&), Step R next to L (7), Step L forward on diagonal L (&), Touch R next to L (8)

[25-32] – R ROCK FORWARD, L RECOVER, R ½ TURN, R BALL STEP, R ROCK FORWARD, L RECOVER, R COASTER STEP, L STEP FORWARD

12 Rock R forward (1), Recover on L (2)
&3&4 ½ turn to R, RF forward (&), Step L forward (3), Step R forward on ball (&), Step L forward (4)
09:00
56 Rock R forward (5), Recover on L (6)
&7&8 Step R back (&), Step L back next to L (7), Step R forward (&), Step L forward (8)

Part B: 32 counts

[1-8] – R STEP FORWARD with L SWEEP, L CROSS, L ¼ TURN, L SHUFFLE, R STEP with L SWEEP, L CROSS, R SIDE

123 Step R forward with L sweep from back to front (1), Cross L over R (2), ¼ turn L (3) 06:00
4&5 Step LF to L side (4), Step R next to L (&), Step L to L side (5)
678 Step R forward with L sweep from back to front (6), Cross L over R (7), Step R to R side (8)

[9-16] – L BEHIND with R SWEEP, R BEHIND SIDE, R SHUFFLE FORWARD, L STEP, R ½ TURN, L STEP FORWARD

123 Cross L behind R with sweep R from front to back (1), Cross R behind L (2), Step L to L side (3)

4&5 Step R forward (4), Step L next to R (&), Step R forward (5)
678 Step L forward (6), ½ turn to R (7), Step L forward (8) 12:00

[17-24] – R STEP FORWARD with L SWEEP, L CROSS, L ¼ TURN, L SHUFFLE, R STEP with L SWEEP, L CROSS, R SIDE

123 Step R forward with L sweep from back to front (1), Cross L over R (2), ¼ turn L (3) 09:00
4&5 Step LF to L side (4), Step R next to L (&), Step L to L side (5)
678 Step R forward with L sweep from back to front (6), Cross L over R (7), Step R to R side (8)

[25-32] – L MAMBO BACK, R MAMBO FORWARD, L SHUFFLE BACK, R TOUCH NEXT TO L, R TOUCH FORWARD, R TOUCH BACKWARD

1&2 Rock L back (1), Recover on R (&), Step L forward (2)
3&4 Rock R forward (3), Recover on L (&), Step R back (4)
5&6 Step L back (5), Step R next to L (&), Step L back (6)
7&8 Touch RF next to L (7), Touch RF forward (&), Touch RF backward (8)

Ending : At the end of part A (facing 6h), ½ turn to R after de 32 counts L STEP FORWARD

Contact: stefbij76@gmail.com
