

# Ebb & Flow

拍數: 48      牆數: 2      級數: Beginner / Improver  
編舞者: Pat Esper (USA) - May 2024  
音樂: Holdin' Her - Chris Janson  
或: Pretty Little Poison - Warren Zeiders  
或: Lose Control - Teddy Swims  
或: You Make It Easy - Jason Aldean



\*Dance name inspired by Christina Housel who said the dance had an ebb and flow to it.  
No tags/restarts

## [1-6]: Spiral twinkle, Cross, Side, Step

- 1 Step the left foot across the right.
- 2-3 Make a quarter turn over the left shoulder stepping back on the right foot. Make a quarter turn over the left shoulder stepping the left foot to the side.
- 4 Step the right foot across the left.
- 5-6 Step the left foot to the side. Step in place on the right foot.

## [7-12]: Repeat steps 1 through 6

- 1 Step the left foot across the right.
- 2-3 Make a quarter turn over the left shoulder stepping back on the right foot. Make a quarter turn over the left shoulder stepping the left foot to the side.
- 4 Step the right foot across the left.
- 5-6 Step the left foot to the side. Step in place on the right foot.

## [13-18]: Half fall away diamond

- 1 Step to the right corner (1:30) on the left foot.
- 2-3 Pivot a quarter turn to the left to face the left corner (10;30) stepping the right foot next to the left. Step in place/slightly back on the left foot.
- 4 Step back on the right foot.
- 5-6 Turning a quarter turn to the left to face the lower left corner (7:30) step the left foot to the side. Step forward on the right foot.

## [19-24]: Quarter fall away diamond to square to the back wall (6:00), Coaster step

- 1 Step forward on the left foot to the corner (7:30).
- 2-3 Pivot an eighth turn to the left to square the back wall stepping the right foot next to the left. Step back on the left foot.
- 4 Step back on the right foot.
- 5-6 Step the left foot next to the right. Step forward on the right foot.

## [25-30]: Forward hesitation point, Back hesitation point

- 1 Step forward on the left foot.
- 2-3 Point the right toes to the right side. Hold.
- 4 Step back on the right foot.
- 5-6 Point the left toes to the left side. Hold.

## [31-36]: Step, Half turn together, Step, Coaster step

- 1 Step forward on the left foot.
- 2-3 Pivot a half turn over the left shoulder and step the right foot next to the left. Step slightly back on the left foot.
- 4 Step back on the right foot.
- 5-6 Step the left foot next to the right. Step forward on the right foot.

**[37-42]: Repeat steps 31 through 36**

- 1 Step forward on the left foot.
- 2-3 Pivot a half turn over the left shoulder and step the right foot next to the left. Step slightly back on the left foot.
- 4 Step back on the right foot.
- 5-6 Step the left foot next to the right. Step forward on the right foot.

**[43-48]: Twinkle step, Twinkle step**

- 1 Step the left foot across the right.
- 2-3 Step the right foot to the side. Step in place on the left foot.
- 4 Step the right foot across the left.
- 5-6 Step the left foot to the side. Step in place on the right foot.

**Last Update - 29 May 2024 – R1**

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