Black Flag



拍數: 32 編數: Beginner + Contra

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音樂: Natural - BRELAND



** For the Workshop on 1st june at Feurs

Intro: 4X8

[1-8]: Shuffle R, Step FWD X2, Shuffle L, Step Back X2

1&2 RF on right, LF next to the RF, RF on right

3-4 Step LF forward, Step RF forward (Optional Pivot X2 forward)

5&6 LF on left, RF next to the LF, LF on Left

7-8 Step RF backward, Step LF backward (Optional Pivot X2 backward)

[9-16]: Rock Step Back Jumped, Kick Ball Cross Diag X2, Step Diag, Stomp Up

1-2 RF backward while jumping, Recover on LF
3&4 Kick RF, Ball RF, Cross LF ahead of RF
5&6 Kick RF, Ball RF, Cross LF ahead of RF

7-8 Step RF diag right, Assembles LF with a stomp up (LF)

[17-24]: Shuffle L, Out Out (+ CLAPS), Shuffle Back, Sailor Cross

1&2 LF on left, RF next to LF, LF on left

3-4 Out RF, Out LF (Add 1 clap on each « OUT » with the person in front of you)

5&6 RF on backward, LF next to RF, RF on backward
7&8 Cross LF behind RF, RF on right, Cross LF ahead RF

[25-32]: Step FWD X2, 1/4 Shuffle L, 1/4 Shuffle L, Step Back X2

1-2 Step RF forward, Step LF forward

3&4
1/4 turn left RF on right, LF next to the RF, RF on right
5&6
½ turn left LF backward, RF next to the LF, LF backward

7-8 Step backward RF, Step backward LF

BE CAREFULL !!! At the end of the 7th wall the music stops and the singer speaks during 8 counts. On these 8 counts, go take the place of the person in front of you by waving your black flag (fictitious).

LF = Left Foot RF = Right Foot