

Corn Flakes

拍數: 64 牆數: 2 級數: Phrased Intermediate
編舞者: Antonella Baldo Capilvenere (IT) - 3 March 2024
音樂: Whatever It Takes - Milow



Sequence: A-A-Tag-Tag-B-B-A-A-Tag-Tag-B-B-B-A*-B-B-B-Final

Step sheet created and translated by Antonella Baldo Capilvenere

Intro: 8 counts - Start dancing begin on lyrics

PART A (only h 12:00)

SEC 1: HEEL ROCKING CHAIR, STEP, SCUFF, STEP, SCUFF

1 2 3 4 Right heel touch forward, recover on left, right rock back, recover on left
5 6 Right step forward (slightly diagonally forward to right), left scuff next to right
7 8 Left step forward (slightly diagonally forward to left), right scuff next to left

SEC 2: HEEL ROCKING CHAIR, PIVOT, HOOK, PIVOT, SCUFF

1 2 3 4 Right heel touch forward, recover on left, right rock back, recover on left
5 6 ½ turn left and right step back, left hook forward (h 6:00)
7 8 ½ turn left and left step forward, right scuff next to left (h 12:00)

SEC 3: HEEL ROCKING CHAIR, STEP, SCUFF, STEP, SCUFF

1 2 3 4 Right heel touch forward, recover on left, right rock back, recover on left
5 6 Right step forward (slightly diagonally forward to right), left scuff next to right
7 8 Left step forward (slightly diagonally forward to left), right scuff next to left

SEC 4: JUMPING OUT, HOOK, JUMPING OUT, HOOK, JUMPING ROCK BACK, RECOVER, STOMP UP X 2

1 2 Jump and open right leg behind by turning ¼ right (h 1:30), left hook forward returning in front (h 12:00)
3 4 Jump and open left leg behind by turning ¼ left (h 10:30), right hook forward returning in front (h 12:00)
5 6 Jump with right rock back (with left kick forward), recover on left
7 8 Right stomp up beside left, right stomp up beside left

PART A*

Replace only the 4st section:

SEC 4: KICK, CROSS, UNWIND FULL TURN, HOLD X 4

1 2 Right kick forward, right cross over left
3 4 Left unwind full turn (weight to left)
5 6 7 8 Hold x 4

PART B

SEC 1: JUMPING CROSS AND RECOVER X 2, JUMPING ROCK BACK, RECOVER, STOMP UP X 2

1 2 Jumping cross the right over left, recover on left
3 4 Jumping cross the right over left, recover on left
5 6 Jump with right rock back (with left kick forward), recover on left
7 8 Right stomp up beside left, right stomp up beside left

SEC 2: TWISTER KICK ½ TURN, SKATE, HOLD, SKATE, HOLD

1 2 3 4 Right kick forward, recover on right by turning ½ left (h 6:00) and left flick back, left kick forward, recover on left
5 6 Right skate forward, hold

7 8 Left skate forward, hold

SEC 3: KICK, JUMPING JAZZ BOX, KICK, JUMPING JAZZ BOX

1 2 3 4 Right kick forward, cross the right over left, left step back, right step to right side

5 6 7 8 Left kick forward, cross the left over right, right step back, left step to left side

SEC 4: HEEL TOUCH X 2, TOE TOUCH, HOLD, JUMPING OUT-IN-OUT-IN

1 2 Right heel touch diagonally forward, right heel touch diagonally forward

3 4 Recover and left toe touch back, hold (weight to left toe)

5 6 Jump and open both feet turning $\frac{1}{8}$ right (right diagonal h 7:30), jump and close both feet turning $\frac{1}{8}$ left (returning h 6:00)

7 8 Jump and open both feet turning $\frac{1}{8}$ left (left diagonal h 4:30), jump and close both feet turning $\frac{1}{8}$ right (returning h 6:00)

TAG (only h 12:00)

SEC 1: STEP, LOCK, STEP, SCUFF, STEP, LOCK, STEP, SCUFF

1 2 Right step forward, lock the left behind right

3 4 Right step forward, left scuff next to right

5 6 Left step forward, lock the right behind left

7 8 Left step forward, right scuff next to left

SEC 2: JUMPING ROCK $\frac{1}{4}$ TURN, RECOVER, JUMPING STEP $\frac{1}{4}$ TURN, HITCH, COASTER STEP, HOLD

1 2 Jump while rocking forward with right by turning $\frac{1}{4}$ left (h 9:00), recover on left returning in front (h 12:00)

3 4 Jump while step back with right by turning $\frac{1}{4}$ right (h 3:00), left hitch returning in front (h 12:00)

5 6 7 8 Left step back, right step beside left, left step forward, hold

FINAL (h 6:00)

SEC 1: HOLD X 4, KICK, CROSS, UNWIND $\frac{1}{2}$ TURN

1 2 3 4 Hold x 4

5 6 Right kick forward, right cross over left

7 8 Left unwind $\frac{1}{2}$ turn (returning in front h 12:00, weight to left)

web site: countryfire.it
