Flashback!

拍數: 32

級數: Beginner / Improver

編舞者: Yvonne Kostorz (DE) - August 2024 音樂: Flashback - ÁSDÍS

Intro: 32 Counts (starting the dance with the vocals)

2X Schuffle fw (1/8 Turn to R), Kick fw, Back-Back-Back (Together)

- shuffle fw RF LF RF (1/8 Turn to R), LF (01:30) 1&2
- 3&4 shuffle fw LF RF LF
- 56 RF kick fw RF back,
- 78 LF back, RF little step back (together)

2x Shuffle fw (1/4 Turn to L), Kick fw-Back-Back-Back (Together)

- shuffle fw LF RF LF (1/4 Turn to L) (10:30) 1&2
- 3&4 shuffle fw RF LF RF
- 56 LF kick fw ,LF back,
- RF back, LF little step back (together) 78

V-Step (1/8 Turn to L), Out-Out-Klap, 2 x Heelbump (Heel-Drop)

- 12 RF fw to diagonal R, LF fw to diagonal L (1/8 Turn to R) (12:00)
- 34 RF back to center, LF back to center
- &56 RF side to R (&), LF side to L (5), Klap (6),
- 78 2 X heel-bump (heel-Drop)

Heeltwists (both), Jazzbox (1/4 Turn to R)

- twist both heels to L R L center (ending with weight on LF) 1234
- 5678 RF cross LF, LF back, RF side to R LF fw (1/4Turn to R), (03:00)

End of the dance is after wall 12 facing 12.00

Variation section 1 and 2:

Count 5: Clap your hands while dancing the kick fw The music is very fast! Be sure to have enough practice with slower music.

Enjoy, smile and have fun!

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Last Update: 8 Mar 2025





牆數: 4