

Flipping the Switch

拍數: 32 牆數: 4 級數: Low Intermediate
編舞者: Pat Esper (USA) - February 2025
音樂: Livin Like Im Dyin - Colton Chapman



(in memory of Derrick, Shay, & Skylar)**

****2 restarts**

Dance map: 16 intro-32-32-32-16rs-32-32-16rs-32 to end

[1-8]: Touch forward, Side, Sailor step, Touch forward, Side, Sailor step

1-2 Touch the right toes forward. Touch the right toes to the side.
3&4 Step the right foot behind the left, Step the left foot to the side, Step in place on the right foot.
5-6 Touch the left toes forward. Touch the left toes to the side.
7&8 Step the left foot behind the right, Step the right foot to the side, Step in place on the left foot.

[9-16]: Monterey half turn, Monterey half turn

1-2 Touch the right toes to the side. Turn a half turn over the right shoulder stepping the right foot next to the left.
3-4 Touch the left toes to the side. Step the left foot next to the right.
5-6 Touch the right toes to the side. Turn a half turn over the right shoulder stepping the right foot next to the left.
7&8 Touch the left toes to the side. Step the left foot next the right.

Note: Restart happens here on wall 4 and 7.

[17-24]: See-saw step, Crossing triple, Side, Quarter turn

1-2 Rock the right foot to the side. Recover onto the left foot.
&3-4 Step the right foot next to the left, Rock the left foot to the side. Recover onto the right foot.
5&6 Step the left foot over the left, Step the right foot to the side, Step the left foot over the right.
7-8 Step the right foot to the side. Turn a quarter turn to the left.

[25-32]: Kick-ball-step, Kick-ball-step, Step, Scuff, Step, Scuff

1&2 Kick the right foot forward, Step onto the ball of the right foot, Step slightly forward on the left foot.
3&4 Kick the right foot forward, Step onto the ball of the right foot. Step slightly forward on the left foot.
5-6 Step forward on the right foot. Scuff the left foot through forward.
7-8 Step forward on the left foot. Scuff the right foot through forward.

Start again

**** On July 14, 2024, I received a text to call my sister. It was a call no one ever wants to have. That day, my nephew, his wife, and their 3 month old baby were killed in a head on collision on their way home from a softball tournament.**

The passings have devastated two families and entire community. Derrick and Shay were too young to be taken from this earth, and Skylar had just started her life. Derrick and Shay leave behind 5 other children.

This dance is my way of keeping their memory alive. It is also a reminder to live each day like you're dying.