Let It Flow



編舞者: Matthew Oakley (UK) 音樂: Miami - Will Smith



SALSA STEPS FORWARD AND BACK

1&2 Rock forward on right. Step left foot in place. Step right foot next to left.

3&4 Repeat above steps on left.

5&6 Rock right foot back. Step left foot in place. Step right foot next to left.

7&8 Repeat steps 5&6 on left.

SIDE LOCKS AND SHUFFLES

9-10 Step right foot to right. Lock left foot behind right.

11&12 Shuffle to right turning ¼ to right.

13-14 Step left foot to left. Locl right foot behind left.

15&16 Shuffle to left turning ¼ to left.

DIAGONAL STEP TAPS (WITH OPTIONAL ARM MOVEMENTS)

17-18 Step right foot diagonally forward right. Tap left foot next to right.

19-20 Step left foot diagonally forward left. Tap right foot next to left.

On steps 18 and 20 throw both arms up in the air clicking your fingers at the same time

STEP TURN AND SHUFFLES

&21-22 Jump right foot forward. Step left foot forward. Look over right shoulder.

23-24 On balls of feet turn ½ to right.

25&26 Shuffle forward on left.27&28 Shuffle forward on right.

1/4 TURN RIGHT, SIDE ROCK.

29-30 Step left foot forward. Turn ¼ right.

31&32 Step left foot in place. Rock right foot out to right side. Rock left foot in place.

REPEAT