

No White Flag

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Geri Morrison (UK)
音樂: White Flag Remix - Dido



SYNCOPATED RUMBA BOX, LEFT CHASSE, ROCK RECOVER, HEEL

1&2 Step left to left side, bring right beside left, step forward on left
3&4 Step right to right side, bring left beside right, step back on right
5&6 Step left to left, bring right beside left, step left to left side
7&8 Rock back on right, recover weight on left, touch right heel diagonally right

CROSS STEP, ½ TURN HIP BUMPS, ¼ TURN HIP BUMPS, LEFT MAMBO

&1-2 Step right behind left, cross left over right, step right to right
3&4 Make ½ turn left, stepping left to left bumping hips left right left
5&6 Make ¼ turn left, stepping to right bumping hips right left right (facing 3:00)
7&8 Rock forward on left, recover weight on right, step left next to right

SWEEP BACKS TWICE, RIGHT SAILOR; BEHIND ½ TURN CROSS, RIGHT CHASSE

1-2 Sweep right from front to back stepping back, sweep left from front to back stepping back
3&4 Cross right behind left, step left to left side, step right in place
5&6 Sweep left behind right, turn ½ left stepping right to right side, cross left over right
7&8 Step right to right side, bring left to right, step right to right

CROSS ROCK & TOUCH, CROSS ROCK & ¼ TURN LEFT, SIDE ROCK & CROSS (RIGHT & LEFT)

1&2 Rock left forward across right, rock back on right, touch left toe to left side
3&4 Rock left forward across right, rock back on right, step left ¼ turn left
5&6 Rock right to right side, recover weight on left, cross right over left
7&8 Rock left to left side, recover weight on right, cross step left over right, (facing 6:00)

Restarts here changing 7&8 to

7&8 Rock left to left side, recover weight on right, cross touch left over right

TURN ½ LEFT, CROSS POINT, ROCK BACK & POINT, BEHIND SIDE CROSS

1-2 Step back on right making ¼ turn left, make ¼ turn left stepping left to left side (12:00)
3-4 Cross right over left, point left toe to left side
5&6 Step back on left, recover weight on right, point left toe to left side
7&8 Cross left behind right, step right to right, cross left over right

TURN ½ LEFT, CROSS POINT, ROCK BACK & POINT, BEHIND SIDE CROSS TOUCH

1-2 Step back on right making ¼ turn left, make ¼ turn left stepping left to left side
3-4 Cross right over left, point left toe to left side
5&6 Step back on left, recover weight on right, point left toe to left side
7&8 Cross left behind right, step right to right, cross touch left over right, (6:00)

REPEAT

RESTART

Restart dance on walls 2 and 4 facing 12:00 and wall 5 facing 6:00