

White Flag

拍數: 0 牆數: 0 級數:
編舞者: EmCee (UK)
音樂: White Flag - Dido



Sequence: A, A(1-8), Chorus, A, A(1-8), Chorus, A(1-32), Chorus, Chorus, Chorus

PART A

ROCK RECOVER, TURNING SHUFFLE, SIDE BEHIND, TURN FORWARD SHUFFLE

1-2 Rock right forward, recover on left
3&4 Shuffle back turning $\frac{3}{4}$ right and step right, left, right
5-6 Step left to side, cross right behind left
7&8 Shuffle forward turning $\frac{1}{4}$ left and step left, right, left

Option:

7&8 Shuffle forward turning $1 \frac{1}{4}$ left and step left, right, left

ROCK RECOVER, SHUFFLE BACK, TURN STEP, TURN STEP TOGETHER, KICK BALL CHANGE

1-2 Rock right forward, recover on left
3&4 Shuffle back right, left, right
5&6 Turn $\frac{1}{4}$ left and step left forward, turn $\frac{1}{4}$ right and step right forward, step left together
7&8 Right kick ball change

BACK BACK, TURNING SHUFFLE, STEP STEP, SHUFFLE FORWARD

1-2 Step right back, step left back
3&4 Shuffle back turning $\frac{1}{2}$ left and step right, left, right
Option:
1-2 Step right back, turn $\frac{1}{2}$ left and step left forward
3&4 Shuffle forward turning a full turn left stepping right, left, right
5-6 Step left to side, step right together
7&8 Forward shuffle left, right, left

SIDE BEHIND, SCISSOR STEP, SIDE BEHIND, SIDE BEHIND SIDE

1-2 Step right to side, cross left behind right
3&4 Step right to side, step left in place, cross right over left
5-6 Step left to side, cross right behind left
7&8 Step left to side, cross right over left, step left to side

SIDE BEHIND STEP TURN TOUCH, TURN SIDE BEHIND, STEP TURN TOUCH

1-2 Step right to side, cross left behind right
3&4 Step right in place, turn $\frac{1}{4}$ left and step left forward, touch right back
5-6 Turn $\frac{1}{4}$ right and step right forward, cross left behind right
7&8 Step right in place, turn $\frac{1}{4}$ left and step left forward, touch right back

CHORUS 32 COUNTS

SIDE TOGETHER, RIGHT SAILOR, BACK BACK LEFT SAILOR

1-2 Step right to side, step left together
3&4 Cross right behind left, step left to side, step right to side
5-6 Sweep left from side to back and cross left behind right, sweep right from front to back and cross right behind left
7&8 Sweep left from front to back and cross left behind right, step right to side, step left to side
Option:
5-6 Full turn

STEP PIVOT, COASTER, STEP PIVOT, MAMBO

- 1-2 Step right forward, turn $\frac{1}{2}$ left (weight to left)
3&4 Step right together, step left back, step right in place
5-6 Step left forward, turn $\frac{1}{2}$ right (weight to right)
7&8 Step left forward, step right back, step left together
- 1-16 Repeat last 1-16
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