

Jus' Flexin'!

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Steve Rutter (UK)
音樂: Flexin' - Blue



SIDE STEP RIGHT, LEFT SAILOR STEP, CROSS RIGHT BEHIND, CHASSE LEFT, RIGHT CROSS ROCK

- 1 Step right to right side
- 2&3 Cross left behind right, step right to right side, step left beside right
- 4 Cross right behind left
- 5&6 Step left to left side, close right beside left, step left to left side
- 7-8 Cross rock right over left, recover weight back onto left

FULL TURN, CHASSE RIGHT WITH ¼ TURN, STEP FORWARD, PIVOT ¼ TURN RIGHT, CROSS, CLAP

- 9-10 Make a quarter turn right stepping forward on right, make a half turn right stepping back on left

Option for steps 9-10 for those that don't turn

- 9-10 Step right to right side, close left beside right

- 11&12 Make a quarter turn right stepping right to right side, close left beside right, step right a quarter turn right

Those that choose not to turn 9-10 do not do the ¼ turn as you begin the chasse on count 11. Just step right to right side

- 13-14 Step forward on left, pivot a quarter turn right
- 15-16 Cross left over right, hold and clap once

RIGHT SIDE ROCK, CROSS BEHIND, TOE TOUCH TO LEFT SIDE, CROSSING SHUFFLE, RIGHT SIDE ROCK

- 17-18 Rock right to right side, recover weight onto left
- 19-20 Cross right behind left, touch left toe to left side
- 21&22 Cross left over right, step right to right side, cross left over right
- 23-24 Rock right to right side, recover weight onto left

CROSS RIGHT BEHIND, SIDE STEP, SAILOR STEP, CROSS LEFT BEHIND, SIDE STEP, CROSSING SHUFFLE

- 25-26 Cross right behind left, step left to left side
- 27&28 Cross right behind left, step left to left side, step right beside left
- 29-30 Cross left behind right, step right to right side
- 31&32 Cross left over right, step right to right side, cross left over right

REPEAT

RESTART

On wall four after 16 counts (only when using "Flexin'" by Blue)
