

Flava

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Joanne Taylor Smith (UK)
音樂: Flava - Peter Andre



HITCH, STEP, HITCH, CHASSE ¼ LEFT, TOE TAPS, ¼ RIGHT, ½ RIGHT

&1-2 Hitch right, step right to right side, slide left to right
3&4 Step left to left, close right beside left, step left ¼ turn left
5&6 Touch right toe to right, touch beside left, right toe to right, hitch right knee
7-8 Step right ¼ turn right, turn ½ right stepping left back

¼ RIGHT & CROSS RIGHT, & HOOK, RIGHT LOCK STEP, ½ RIGHT, RIGHT COASTER

1&2 Turn ¼ right stepping right to side, step on left, cross step right over left
&3 Step on left, hook right in front of left toe touching floor
4&5 Step right forward, lock step left behind right, step right forward
6 Turn ½ right stepping left back
7&8 Step right back, close left, step right forward

LEFT LOCK STEP, SIDE ROCK & CROSS, OUT, OUT, &CROSS, ½ LEFT HEEL BOUNCE

1&2 Step left forward, lock left behind right, step left forward
3&4 Rock right to right, recover on left, cross right over
&5 Step left out back, step right out
&6 Step left in, cross step right over left
7&8 Tapping heels 3 times make ½ turn left

LEFT COASTER, 2 WALKS, SHUFFLE, STEP, ¼ RIGHT, CROSS STEP

1&2 Step left back, close right beside left, step forward on left
3-4 Step forward on left, step forward on right
5&6 Step right forward, step left beside right, step right forward
7&8 Step left forward, turn ¼ right, cross left over right

STEP, DRAG, HIP BUMPS, STEP, DRAG, & TAP &STEP

1-2 Step right long step right, drag left beside right
3&4 Stepping left to side bump hips left right left
5-6 Step right long step right, drag left beside right
&7 Step on left, touch right toe beside left
&8 Step on right, step left forward

STEP, ½ LEFT, ½ LEFT, & TAP, & STEP, STEP, ¼ RIGHT SIDE ROCK

1-2 Step right forward, pivot ½ left (weight left)
3 Turn ½ left stepping right back
&4 Step on left, tap right toe beside left
&5& Step on right, step left forward
6-7 Step right forward, turn ¼ right stepping left to left side
&8 Rock right to right, recover on left

REPEAT