

Flip And Flop

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Tanja Viitamaki (FIN)
音樂: Out of Habit - BR5-49



VAUDEVILLES (HEEL JACKS)

1-2 Step right to right side, touch left heel diagonally forward
&3-4 Step left foot next to right (&), cross right over left, hold
5-6 Step left to left side, touch right heel diagonally forward
&7-8 Step right foot next to left (&), cross left over right, hold

STEP, HOLD, CROSS, HOLD, UNWIND ½ TURN RIGHT

9-10 Step right to the right side, hold
11-12 Cross left over right, hold
13-16 Unwind by turning right ½ turn (weight on right, feet apart)

TOE HEEL STRUTS, TOUCH, UNWIND ½ PIVOT TURN RIGHT

17-18 Touch left toe back, drop heel down
19-20 Touch right toe back, drop heel down
21-22 Touch left toe back, drop heel down
23-24 Touch right toe back, unwind by turning right ½ pivot turn (weight on left)

TOE HEEL STRUTS, COASTER STEP, HOLD

25-26 Touch right toe back, drop heel down
27-28 Touch left toe back, drop heel down
29-32 Step right back, step left next to right, stomp right forward, hold

FLIP-FLOP STEPS WITH UNWIND ½ TURN RIGHT

33-34 Scuff left foot forward, brush left foot backwards over right foot
35-36 Touch left toe next to right (keep feet crossed), unwind by turning right ½ turn (weight on left, feet apart)

STEPS DIAGONALLY FORWARD, STAMP TWICE

37-38 Step right foot slightly forward, hold
39-40 Cross left over right, hold
41-42 Step right foot slightly forward, hold
43-44 Stamp left twice

STEPS DIAGONALLY FORWARD, ¼ TURN LEFT, STAMP TWICE

45-46 Step left foot slightly forward, hold
47-48 Cross right over left, hold
49-50 Step left foot to left turning ¼ to left, hold
51-52 Stamp right twice

FLIP-FLOP STEPS

53-54 Scuff right foot forward, brush right foot backwards over left foot
55-56 Touch right toe next to left (keep feet crossed), hold

FLIP-FLOP TURNS

57-58 Shoulder shimmy
59-60 Unwind ¼ turn to left with shoulder shimmy, shoulder shimmy
61-62 Unwind ¼ turn to left with shoulder shimmy, shoulder shimmy

63-64 Unwind $\frac{1}{4}$ turn to left with shoulder shimmy, shoulder shimmy (weight on left foot)

REPEAT

TAG

After wall 3

HEAD TURN, SEWINDER TO RIGHT, HEAD TURN, STAMP

- 1-2 Turn head to right and step right to right side, cross left behind
- 3-4 Step right to right side, cross left over right
- 5-6 Step right to right side, cross left behind
- 7-8 Step right to right side, turn head to left and stamp left

SEWINDER TO LEFT, STAMP

- 9-10 Step left to left side, cross right behind
 - 11-12 Step left to left side, cross right over left
 - 13-14 Step left to left side, cross right behind
 - 15-16 Step left to left side, stamp right
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