

Flip Reverse

拍數: 32 牆數: 1 級數: Beginner
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音樂: Flip Reverse - Blazin' Squad



LEFT, TOGETHER, LEFT, ROCK BACK RIGHT, RECOVER, STEP RIGHT, LEFT BEHIND, LEFT HEEL JACK, FORWARD ON RIGHT

- 1-2 Step left to left side, step right next to left
- 3&4 Step left to left side, rock right foot behind left, recover weight onto left foot
- 5-6 Step right to right side, step left behind right
- &7&8 Step right to right side, touch left heel diagonally forward, step left next to right, step right foot forward

LEFT FORWARD, ½ PIVOT TURN, SIDE POINTS (LEFT THEN RIGHT), RIGHT JAZZ BOX

- 1-2 Step left forward, half pivot turn over right shoulder (transferring weight onto right foot)
- 3&4 Point left toe to left side, bring left foot next to right then point right toe to right side
- 5-6 Step right foot over left, step back left
- 7-8 Step back right to right side, step left next to right

The next 16 counts are the reverse of the above i.e. Repeated starting with the right foot

RIGHT, TOGETHER, RIGHT, ROCK BACK LEFT, RECOVER, STEP LEFT, RIGHT BEHIND, RIGHT HEEL JACK, FORWARD ON LEFT

- 1-2 Step right to right side, step left next to right
- 3&4 Step right to right side, rock left foot behind right, recover weight onto right foot
- 5-6 Step left to left side, step right behind left
- &7&8 Step left to left side, touch right heel diagonally forward, step right next to left, step left foot forward

RIGHT FORWARD, ½ PIVOT TURN, SIDE POINTS (RIGHT THEN LEFT), LEFT JAZZ BOX

- 1-2 Step right forward, half pivot turn over left shoulder (transferring weight onto left foot)
- 3&4 Point right toe to right side, bring right foot next to left then point left toe to left side
- 5-6 Step left foot over right, step back right
- 7-8 Step back left to left side, step right next to left

REPEAT
