

Flip Reverse It

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Karen Westley (UK)
音樂: Flip Reverse - Blazin' Squad



SIDE TOGETHER, CHASSE QUARTER TURN, PIVOT ½ RIGHT, LEFT SHUFFLE FORWARD

1-2 Step right to right side, step left in place next to right
3&4 Step right to right side, close left beside right, step right to right side making a ¼ turn right
5-6 Step forward left, pivot ½ turn right
7&8 Step forward left, close right beside left, step forward left

ROCK SIDE, RIGHT SAILOR STEP, HEEL SWITCHES, HIPS FORWARD AND BACK

1-2 Rock right to right side, recover weight onto left
3&4 Cross right behind left, step left to left side, step right to place
5&6 Touch left heel forward, step left to place, touch right heel forward
&7&8 Step right to place, touch left heel forward, push hips forward, push hips back

LEFT LOCK STEP, RIGHT LOCK STEP, STEP SIDE LEFT, RIGHT, LEFT, RIGHT

1&2 Step forward left, lock right behind left, step forward left
3&4 Step forward right, lock left behind right, step forward right
5-6 Bending knees, step left to left side and right to right side
7-8 Straightening knees, step left to left side and right to right side

TRIPLE STEP 1 ½ TURNS, RIGHT MAMBO FORWARD, LEFT MAMBO BACK, TOE SWITCHES

1&2 Triple step 1 ½ turns left, stepping - left, right, left
3&4 Rock forward onto right, recover weight onto left, step back right
5&6 Rock back onto left, recover onto right, step forward left
7&8& Touch right toe instep, step right beside left, touch right toe instep, step left beside right

REPEAT
