

Flip Side Shuffle

拍數: 40 牆數: 4 級數:
編舞者: Greg Underwood (USA)
音樂: Don't Threaten Me With a Good Time - Billy Dean



ROCK FORWARD, ROCK RIGHT & STEP FORWARD, TWIST & TWIST TURNING ½ LEFT, HOLD, STEP TOGETHER & FORWARD RIGHT

- 1-2 Rock forward on the right foot. Step back on the left foot
- &3 Rock right on to the right foot, shift weight to the left foot
- 4 Step forward on the right foot
- 5& On the balls of both feet, turn your body ¼ turn to the left then turn ¼ turn right
- 6 On the balls of both feet, turn your body ½ turn to the left. (weight on the right foot)
- 7 Hold for one count
- &8 Step the left foot next to the right and step forward on the right foot

ROCK FORWARD, ROCK LEFT & STEP FORWARD, TWIST & TWIST TURNING ½ RIGHT, HOLD, STEP TOGETHER & FORWARD LEFT

- 1-2 Rock forward on the left foot. Step back on the right foot
- &3 Rock left on to the left foot, shift weight to the right foot
- 4 Step forward on the left foot
- 5& On the balls of both feet, turn your body ¼ turn to the right then turn ¼ turn left
- 6 On the balls of both feet, turn your body ½ turn to the right. (weight on the left foot)
- 7 Hold for one count
- &8 Step the right foot next to the left and step forward on the left foot

ROCK FORWARD AND SLIDE LEFT, ROCK FORWARD AND SLIDE RIGHT

- 1 Rock forward on the right foot
- 2& Step back on the left foot, step together with the right foot
- 3-4 Step left with the left foot. Slide the right foot next to the left taking weight
- 5 Rock forward on the left foot
- 6& Step back on the right foot, step together with the left foot
- 7-8 Step right with the right foot. Slide the left foot next to the right taking weight

STEP RIGHT, CROSS LEFT BEHIND TURN ¼ LEFT, COASTER STEP (RIGHT-LEFT-RIGHT), TURN ¼ RIGHT & STEP LEFT, CROSS RIGHT BEHIND TURN ¼ RIGHT, COASTER (LEFT-RIGHT-LEFT)

- 1 Step right with the right foot
- 2 Cross the left foot behind the right foot turning ¼ turn to the left
- 3&4 Step back on the right foot, step together with the left foot. Step forward on the right foot
- 5 Turn ¼ right and step left with the left foot
- 6 Cross the right foot behind the left foot turning ¼ turn to the right
- 7&8 Step back on the left foot, step together with the right foot. Step forward on the left foot

RIGHT--STEP FORWARD, HOLD, & FORWARD, & FORWARD, LEFT--STEP FORWARD, HOLD, & FORWARD, & FORWARD

- 1-2 Step forward on the right foot. Hold for one count
- &3 Step together with the left foot and step forward on the right foot
- &4 Step together with the left foot and step forward on the right foot
- 5-6 Step forward on the left foot. Hold for one count
- &7 Step together with the right foot and step forward on the left foot
- &8 Step together with the right foot and step forward on the left foot

REPEAT

