

# 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

