

Flip The Switch

拍數: 48 牆數: 4 級數: Improver
編舞者: Thomas Haynes (USA)
音樂: You Turn Me On - Tim McGraw



JAZZ BOXES

- 1 Step right foot across left
- 2 Step back with left foot
- 3 Step slightly to right with right foot
- 4 Step left foot next to right
- 5-8 Repeat steps 1-4

TOE TOUCHES

- 9 Touch right toe to right side
- 10 Touch right toe in front of left foot
- 11 Touch right toe to right side
- 12 Step right foot next to left
- 13 Touch left toes to left side
- 14 Touch left toes in front of right foot
- 15 Touch left toes to left side
- 16 Touch left foot next to right

FORWARD STEPS & TOUCHES WITH TURN

- 17 Step forward with left foot
- 18 Touch right slightly behind left
- 19 Step back with right foot
- 20 Touch left slightly in front of right
- 21-24 Repeat steps 17-20
- 25 Step left forward with a quarter turn to the left
- 26 Hitch right knee

GRAPEVINES

- 27 Step right with right foot
- 28 Step left foot behind right
- 29 Step right with right foot
- 30 Touch left next to right
- 31 Step left with left foot
- 32 Step right foot behind left
- 33 Step left with left foot
- 34 Touch right foot next to left

Optional: Turning Vines for steps 27-34

HALF TURN WITH FORWARD HOPS

- 35 Step forward with right foot
- 36 Pivot one-half turn to the left
- 37 Hop forward both feet, right first
- 38 Clap
- 39 Hop forward both feet, left first
- 40 Clap

HIP BUMPS

41-42 Bump hips right twice
43-44 Bump hips left twice
45-48 Roll hips right-left-right-left, weight ending on left foot

REPEAT
