

Flip The Switch

拍數: 32 牆數: 2 級數: Beginner
編舞者: Jenny Sharp (UK), Lucy Coney & Beck Hirst
音樂: You Turn Me On - Tim McGraw



RIGHT FOOT TOUCHES TO SIDE AND FRONT, SIDE ROCKS AND HEEL TAPS

- 1-2- Point right foot to right side, point right foot forward
- 3-4- Point right foot to right side, point right foot forward
- 5-6- Rock to right side transferring weight, tap left heel
- 7-8- Rock to left side transferring weight, tap right heel

RIGHT SYNCOPATED GRAPEVINE, OUT, OUT, IN, IN, HIP CIRCLES

- 1-2&3-4 Step right to right side, cross left behind right, step right out to right side, cross left in front, step right to right side
- &5&6 Step out left, then right, step in left then right
- 7-8 Circle hips

LEFT SYNCOPATED GRAPEVINE, OUT, OUT, IN, IN, HIP CIRCLES,

- 1-2&3-4 Step left to left side, cross right behind, step left to left side, cross right in front, step left to left side
- &5&6 Step out right, then left, step in right, then left
- 7-8 Circle hips

MONTEREY TURN, HIP SWAYS, RIGHT KICK BALL CHANGE

- 1-2 Point right to right side, half turn over right shoulder transferring weight to right foot bringing feet together
- 3-4 Point left to left side, bring back to center
- 5 Rock to right side transferring weight and swaying hips right
- 6 Rock to left side transferring weight and swaying hips left
- 7&8 Kick right foot forward, transfer weight on to ball of right foot, transfer weight on to left foot

REPEAT
