Flip-Flop Hop

拍數: 48   牆數: 2   級數: Improver

編舞者: Waylon Robbins (USA)

音樂: Nickajack - River Road

KICKS & TWIST

1	Kick right foot forward
2	Step right foot next to left
3	Kick left foot forward
4	Step left foot next to right
5	Kick right foot forward
6	Step right foot next to left while shifting both heels to right
7	Switching weight to heels of feet, twist both toes to right
8	Switching weight to balls of feet, twist both heels to right center
9	Kick left foot forward
10	Step left foot next to right
11	Kick right foot forward
12	Step right foot next to left
13	Kick left foot forward
14	Step left foot next to right while shifting both heels to left
15	Switching weight to heels of feet, twist both toes to left
16	Switching weight to balls of feet, twist both heels to left center

RIGHT VINES WITH ¼ TURNS

17	Step right foot to right
18	Cross left foot behind right
19	Step right foot to right
20	Hop on both feet, making a ¼ turn to right, landing feet together, weight on left foot
21-24	Repeat steps 17-20 (now facing opposite wall from original starting wall)

CROSS STEPS

25	Step right foot back
26	Drag left foot slightly across and in front of right
27-28	Repeat steps 25-26

STEP & TOUCH

29	Step right foot to right
30	Touch left toe next to right (snap fingers)
31	Step left foot to left
32	Touch right toe next to left (snap fingers)

SYNCOPATED SIDE TOUCHES

&33	Step right foot quickly to right, and touch left toe next to right
34	Clap
&35	Step left foot quickly to left, and touch right toe next to left
36	Clap

HALF TURNS

37	Step right foot forward
38	Make ½ turn to left, switching weight to left foot
39	Step right foot forward

| 40 | Make ½ turn to left, switching weight to left foot |

SCUFFS

41	Scuff right foot forward
42	Step right foot next to left
43	Scuff left foot forward
44	Step left foot next to right
45	Scuff right foot forward
46	Step right foot behind left, with left foot straight forward and right foot at an angle (pointing to 2:00)

SEPARATED HEEL SPLITS

47	With weight on balls of feet, twist both heels in
&	Twist both heels out
48	Twist both heels in

REPEAT