

# The Flush

拍數: 72      牆數: 2      級數:  
編舞者: Jason Bett (CAN)  
音樂: Space Jam - Quad City DJ's



## HEEL TAPS, RIGHT CROSS STEP, HOLD, ROCK STEP

1&2      Touch right heel forward, bring right foot home, touch left heel forward  
&3      Bring left foot home, touch right heel forward  
&4      Bring right foot home, touch left heel forward  
&5-6      Bring left foot home, cross step right over left, hold  
7-8      Step left foot to left side, rock weight onto right (side rock step)

## SAILOR SHUFFLES, CROSS, UNWIND HALF TURN LEFT, KICK-BALL-SIDE

1&2      Left sailor shuffle in place (left-right-left)  
3&4      Right sailor shuffle in place (right-left-right)  
5-6      Cross left foot behind right, unwind half turn to left  
7&8      Kick right foot forward, step right foot next to left, touch left foot out to left side

## QUARTER TURN SAILOR SHUFFLE, KNEE POPS, STEP & DRAG, 2 HIP BUMPS

1&2      Step left foot behind right, step right next to left while making a quarter turn to left, touch left toes forward  
&3      Step left foot next to right, touch right toes slightly forward with knee pop  
&4      Step right foot home, touch left toes forward  
&5-6      Step left foot home, big step forward on right, drag left foot next to right  
7-8      2 hip bumps to right with weight ending on right

## CHA-CHA TO THE RIGHT, TOE TOUCH, QUARTER TURN, STEP & DRAG, 2 HIP BUMPS

&1&2      Bump hip to left once, cha-cha traveling to the right (right-left-right)  
3-4      Touch left toe in place, pivot a quarter turn left by swinging left knee out  
&5-6      Step left foot back, big step forward on right, drag left foot next to right while pivoting a quarter turn to left  
7-8      2 hip bumps to right with weight ending on left

## ROCK STEP, COASTER STEP (MODIFIED) WITH QUARTER TURN, DRAG, HIP BUMPS, FLUSH

1-2      Rock step forward on right, recover on left  
3&4      Step right foot back, step left foot next to right, big step forward on right pivoting a quarter turn left sliding left next to right  
5-6      Bump hips to right, bump hips to right again  
7-8      Hip roll to the left with weight ending on left ("a flush") using 2 beats

## ROCK STEP, COASTER STEP (MODIFIED) WITH QUARTER TURN, DRAG, HIP BUMPS, FLUSH

1-2      Rock step forward on right, recover on left  
3&4      Step right foot back, step left foot next to right, big step forward on right pivoting a quarter turn left sliding left next to right  
5-6      Bump hips to right, bump hips to right again  
7-8      Hip roll to the left with weight ending on left ("a flush") using 2 beats

## HEEL-BALL-CROSS, HEEL TAPS, TOE TOUCHES, HALF TURN, CLAP

1&2      Touch right heel forward, step on ball of right next to left, cross left over right  
3-4      Tap right heel forward twice  
&5      Step home with right foot, touch left toes out to left side  
&6      Step home with left foot, touch right toes out to right side

7-8 Push off with right foot making a half turn to right feet ending together, clap

**HEEL-BALL-CROSS, HEEL, HOOK, QUARTER TURN SHUFFLE, ROCK STEP**

1&2 Touch left heel forward, step on ball of left next to right, cross right over left

3-4 Tap left heel forward, hook left foot over right

5&6 Step left to left side making a quarter turn to left, step right next to left, step forward on left

7-8 Rock step right foot forward, recover on left

**SHUFFLE HALF TURN RIGHT, ROCK STEP, SHUFFLE HALF TURN LEFT, TOUCH RIGHT, TOUCH LEFT**

1&2 Shuffle forward right-left-right while making a half turn to right

3-4 Rock step forward on left, recover on right

5&6 Shuffle forward left-right-left while making a half turn to left

7& Touch right toes out to right side, bring right foot home

8& Touch left toes out to left side, bring left foot home

**REPEAT**

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