

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
