

Fling It Up

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Annette Latimer (UK) - August 2007
音樂: Bumper Buffet - Krosfyah : (Album: Fire Proof)



16 count intro

R SIDE, L BEHIND, L HEEL JACK & CROSS, 2 X ¼ TURN R, L SHUFFLE FRWD.

- 1-2 Step right to right side, step left behind right.
- &3&4 Step diagonally back on right foot, touch left heel diagonally forward, step left beside right, cross right over left.
- 5-6 Step left to left side making ¼ turn right, make ¼ turn right stepping right to right side (6 o'clock)
- 7&8 Left shuffle forward.

R STEP WITH HIP BUMPS, L STEP WITH HIP BUMPS, 2X STEP FORWARD, 2X STEP BACK.

- 1&2 Step right foot forward on right diagonal bump hips forward, back, forward taking weight on right.
- 3&4 Repeat 1-2 with left foot weight ends on left.
- 5-6 Step right forward on right diagonal, step left forward on left diagonal.
- 7-8 Step back right, left bringing feet together.

FULL PADDLE TURN LEFT, SIDE BACK ROCK RIGHT, LEFT.

- 1-2 On ball of left make ¼ turn left, point right toe to right side, repeat (6 o'clock)
- 3-4 Repeat steps 1-2 to complete full paddle turn left (6 o'clock)
- &5 Hitch right knee, take big step to right side, slide left towards right.
- 6& Rock back on left, rock forward onto right.
- 7-8& Step left big step to left side, slide right towards left, rock back on right, rock forward onto left.

FULL PADDLE TURN RIGHT, SIDE BACK ROCK LEFT, RIGHT.

- 1 Step right to right side making ¼ turn right,
- 2 On ball of right make ¼ turn right point left toe to left side.
- 3-4 On ball of right make ¼ turn right pointing left toe to left side, repeat.
- &5 Hitch left knee, take big step to left side, slide right towards left.
- 6& Rock back on right, rock forward onto left.
- 7-8& Step right big step to right side, slide left towards right, rock back on left, rock forward onto right.

L SIDE, BEHIND, ¼ TURN LEFT, ½ PIVOT LEFT, KICK BALL OUT OUT, HOLD, FEET TOGETHER R, L

- 1&2 Step left to left side, step right behind left, step left ¼ turn left.
- 3-4 Step forward on right, ½ pivot turn left.
- 5&6 Kick right forward, step right to right side, step left to left side.
- 7 Hold.
- &8 Step right in place, step left beside right.

WALK R, L, JUMP OUT OUT, IN IN, R ROCK, ½ TURN R, STEP L.

- 1-2 Walk forward right, left.
- &3 Jump feet apart right, left.
- &4 Jump feet together right, left.
- 5-6 Rock forward on right, rock back onto left.
- 7-8 On ball of left make ½ turn right, stepping forward on right, step forward left.