

Flip, Flop & Fly

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Frank Trace (USA) - June 2010
音樂: Flip, Flop and Fly - Big Joe Turner : (CD: The Songs That Inspired Elvis)



Alternative slower music: "Burning Love" by Elvis Presley

KICK, BEHIND, STEP, CROSS, KICK, BEHIND, 1/4 STEP RIGHT, STEP

1-4 Kick R diagonally forward, step R behind L, step L to L side, cross step R over L
5-8 Kick L diagonally forward, step L behind R, step R 1/4 turn R, step L forward (3:00)

RIGHT TOE STRUT, LEFT TOE STRUT, ROCKING CHAIR

1-4 Step R toe forward, drop R heel, step L toe forward, drop L heel
5-8 Rock forward onto R, recover onto L, rock back onto R, recover onto L

STEP, PIVOT 1/2 LEFT, STEP FORWARD, HOLD, FULL TURN RIGHT

1-4 Step R forward, pivot 1/2 turn L, step R forward, hold (9:00)
5-8 Make a full turn R stepping L, R, L, hold (9:00)

Easier option: Run forward stepping L, R, L, hold

SMALL JUMP FORWARD AND BACK, JAZZ BOX WITH CROSS OVER

&1-2 Little jump forward stepping R, L, hold (clap)
&3-4 Little jump back stepping R, L, hold (clap)
5-8 Cross step R over L, step L back, step R to R side, cross step L over R

REPEAT
