

Flip Flops

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Darren Mitchell (AUS) - August 2010
音樂: Let's Take It Outside - Johnny Reid : (CD: Dance With Me)



Intro: 32 counts.

SIDE SHUFFLE, BACK, FORWARD, SIDE SHUFFLE, BACK, FORWARD

1&2 Side shuffle to the right: R-L-R,
3,4 Step L back, rock forward onto right,
5&6 Side shuffle to the left: L-R-L,
7,8 Step R back, rock forward onto left.

DOROTHY STEP, DOROTHY STEP, FORWARD, BACK, COASTER STEP

1,2& Dorothy: Step R forward, lock L behind right, step R together,
3,4& Dorothy: step L forward, lock R behind left, step L together,
5,6 Step R forward, rock back onto left,
7&8 Coaster: step R back, step L together, step R forward.

PADDLE TURN, SHUFFLE ACROSS, ¼ TURN, ¼ TURN, ACROSS, SIDE

1,2 Paddle: step L forward, turn 90 degrees right take weight onto right,
3&4 Shuffle L across in front of right: L-R-L,
5 Turn 90 degrees left step R back,
6 Turn 90 degrees left step L to the side,
7,8 Step R across in front of left, step L to the side. **restart on wall 4**

KICK BALL-ACROSS, KICK BALL-ACROSS, SIDE, ROCK, BACK, FORWARD

1&2 Kick R forward, step R together, step L across in front of right,
3&4 Kick R forward, step R together, step L across in front of right,
5,6 Step R to the side, side rock onto left,
7,8 Step R back, rock forward onto left.

32 REPEAT

Restart: on wall 4, dance to count 24 (**), then restart dance facing the front.

Tag: at the end of wall 9 (9' o clock), add the following 4 counts.

1,2 Step R to the side pushing hips right, push hips left,
3,4 Push hips right, push hips left.