The Flood (rev 7/1/11)



拍數: 64 牆數: 4 級數: Intermediate

編舞者: Val O'Connor (UK) - January 2011

音樂: The Flood - Take That



Intro: 64 Counts From when Robbie starts singing, (This is a long intro so enjoy and sing along)

R OUT IN OUT, BEHIND & CROSS, L OUT IN OUT, SAILOR 1/4 LEFT

1&2 (Weight on left)Point right toe to right side, touch it next to left, point right to right side.

3&4 Cross right behind left, step left to left side, cross step right over left.

Point left to left side, touch it next to right, point left to left side.

7&8 Cross left behind right, turn ¼ left stepping right to right side, step left to left side. (9 o'clock)

STEP R FORWARD, ½ LEFT, R SHUFFLE, FULL R TURN, L FORWARD MAMBO

Step forward right, pivot ½ turn left stepping forward on left.
 Step forward right, step left next to right, step forward on right.

5-6 Turn ½ right stepping back on left, turn ½ right stepping forward on right.

7&8 Rock forward on left, recover weight on right, step slightly back on left. (3 o'clock)

BACK R POINT L, & POINT RIGHT 1/2 R, POINT L & R, HITCH BALL CROSS

1-2 Step back on right, point left toe to left side.

&3-4 (&) Step left next to right, Point right toe to right side, turn ½ right stepping right next to left.

Point left to left side, (&) step left next to right, point right to right side.

7&8 Hitch right knee to right diagonal, (&) step down on right, cross step left over right. (9 o'clock

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R SIDE ROCK, R SAILOR, 1/4 L SAILOR, R KICK OUT OUT

1-2 Rock out to the right side on right, recover weight back on left.
3&4 Cross right behind left, step left to left side, step right to right side.

5&6 Cross left behind right, turn ¼ left stepping right to right side, step left to left side.

7&8 Kick right foot across left, step right out to right side, step left out to left side. (6 o'clock)

HITCH R, R CHASSE, CROSS L 1/4 R BACK, L CHASSE, R CROSS ROCK

& Hitch right knee slightly

1&2 Step right to right side, step left next to right, step right to right side.

3-4 Cross step left over right, turn ¼ left stepping back on right.
5&6 Step left to left side, step right next to left, step left to left side.
7-8 Cross rock right over left, recover weight on left. (3 o'clock)

R CROSS SHUFFLE, 1/4 RIGHT BACK, L CROSS SHUFFLE, R SIDE ROCK

1&2 Cross right over left, step left to left side, cross right over left.
3-4 Turn ¼ right stepping back on left, step right to right side.
5&6 Cross left over right, step right to right side, cross left over right.
7-8 Rock right to right side, recover weight on left. (6 o'clock)

EXTENDED WEAVE, L SIDE ROCK, L COASTER 1/4 LEFT

1&2& Cross right over left, step left to left side, cross right behind left, step left to left side.

3&4 Cross right over left, step left to left side, cross right behind left.

5-6 Rock left to left side, recover weight on right.

7&8 Turn ¼ left stepping back on left, step right next to left, step forward on left. (3 o'clock)

STEP R, 1/2 LEFT, R SHUFFLE, FULL TURN, KICK BALL TOUCH

1-2 Step forward on right, turn ½ left stepping forward on left.

3&4 Step forward right, step left next to right, step right forward.
 5-6 Turn ½ right stepping back on left, turn ½ right stepping forward on right.
 7&8 Kick left foot forward, step left next to right, touch right next to left. (9 o'clock)

END OF DANCE - ENJOY - VAL X

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