Flavour Of The Month



拍數: 36 牆數: 4 級數: Improver

編舞者: Steve Rutter (UK) & Claire Butterworth (UK) - February 2011

音樂: Superstar - Raul Malo: (Album: Sinners & Saints)



36 Count Intro'

Section 1 - Side Step, Close, Step Forward, Side Rock, Jazz Box With 1/4 Turn Right.

1-2 Step left to left side, close right beside left.

3 Step forward on left.

&4 Rock right to right side, recover weight onto left.

5-6 Cross right over left, step back on left.

7-8 Make a quarter turn right stepping right to right side, cross left over right.

Section 2 - Side Step, Cross Behind, Side Mambo Rock With Toe Touch, Knee Pops, Hold.

1-2 Step right to right side, cross left behind right.

3&4 Rock right to right side, recover weight onto left, touch right toe beside left popping right knee

in towards left.

5-6 Replace weight onto right popping left knee in towards right, replace weight onto left popping

right knee in towards left.

7-8 Replace weight onto right popping left knee in towards right, hold.

Section 3 – Step Back, ¼ Turn Right, Left Lock Step, Step Forward, Pivot ½ Turn Left, Right Lock Step.

1-2 Step Back on left, make a quarter turn right stepping right to right side.

3&4 Step forward on left, lock right behind left, step forward on left.

5-6 Step forward on right, pivot a half turn left.

7&8 Step forward on right, lock left behind right, step forward on right.

Section 4 – Walk Forward, Forward Mambo Rock, Walk Back, ¼ Turn Right, Chasse.

1-2 Step forward on left, step forward on right.

OPTION: Counts 1-2 (Walks) can be replaced with a full turn right (travelling forward) stepping on left, right.

Rock forward on left, recover weight back onto right, step left beside right.

5-6 Step back on right, step back on left.

OPTION: Counts 5-6 (Walks) can be replaced with a full turn right (travelling back) stepping on right, left.

7&8 Make a quarter turn right stepping right to right side, close left beside right, step right to right

side.

Section 5 – V-Step.

1-2 Step left forward and out towards left corner, step right forward and out towards right corner.

3-4 Step back on left (toward centre), step back on right (toward centre)

Begin Again.

Kick Some Country – Line Dancing.

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