

The Flip Flop Song

COPPER KNOB
CHOREOGRAPHY SHEETS

拍數: 96 牆數: 2 級數: Phrased Intermediate
編舞者: Amy Christian (USA) & Angela Helmsing - May 2011
音樂: Thong Song - Sisqó : (Album: Unleash The Dragon)



Intro: 32 Count.

PART A

STEP, 1/4 HITCH, STEP & DOUBLE BUMP, 1/4, 1/2, 1/2 TRIPLE,

1-2 Step fwd on R, Hitch L as you twist a 1/4 turn right on R foot,(3:00)
3&4 Step L foot down & double bump left twice, (On counts 1-4 you should be looking at 12:00)
5-6 1/4 Turn right on R foot, 1/2 turn right on L foot,
7&8 Triple 1/2 turn right, R,L,R, (6:00)

SIDE & BUMP, BUMP, DOUBLE BUMP, HIP ROLL, LOOK, 1/4, TOG,

1-2 Step L to left side as you Bump L, Bump R,
3&4 Double bump L,
5-6 CCW Hip roll (5), Look over L shoulder (on lyrics "Eyes") (6)
7-8 1/4 turn right stepping R out to right side(7), Step L next to R(8), (9:00)

***A Minus (A-) Restart happens here facing back wall. Make a 1/2 turn, stepping R foot fwd, facing front wall, instead of a 1/4 turn on Count 7, Then step L next to R on Count 8 (12:00). Then you go straight into Part C.**

SHOULDER POP, HOLD, BACK, BACK, FORWARD, WALK BACK WITH BOOTY SHAKE,

a1-2 Pop shoulders forward as you slightly hitch R(a), Hold (1), Step R back (2),
3-4 Rock back on L, Recover fwd on R.
5-8 Step back - L, R, L, R, as you shake your booty (or shimmy),

SIDE, RECOVER, CROSS SHUFFLE, 1/4 TOGETHER TWIST, TWIST, BODY ROLL,

1-2 Rock out to L side, Recover on R,
3&4 Step L over R, Step R to right side, Step L over R,
5-6 1/4 Turn left stepping R next to L, as you bend knees & Twist L, Twist R, (6:00)
7-8 Fwd Body Roll straightening up,

PART B

TOUCH BACK, 1/4 TURN, DIP, DIP & 1/4 HITCH, STEP, HITCH & HITCH WITH "WHAT UP?" HANDS

1-2 Touch R toe back, Turn 1/4 right (9:00),
3-4 Small quick dip, bending knees & straighten up (3), Dip slightly lower again(4)
5-6 Hitch L foot making a 1/4 turn to left (5), Step down on L (6), (6:00)
7 -8 Hitch R and raise hands (palms up) while slightly hunching body(7), then slightly lower leg & hands X 2,

SIDE ROCK CROSS, BUMP, BUMP, 1/4 SAILOR TURN, WALK, WALK,

1&2 Rock R to the right side, Recover on L, Cross R over L,
3&4& Step L to left side as you double bump left, (weight should end on R),
5&6 1/4 Sailor Step, L, R, L, (3:00)
7-8 Step R fwd, Step L fwd,

TOUCH BACK, 1/4 TURN, DIP, DIP & 1/4 HITCH, STEP, HITCH & HITCH WITH "WHAT UP?" HANDS

1-8 Repeat 1st eight counts of Part B.

SIDE ROCK CROSS, WALK 3/4 TURN, TOUCH,

1&2 Rock R to the right side, Recover on L, Cross R over L,
3-7 Walk a semi circle L, R, L, R, L, 3/4 turn right, (12:00)

8 Touch R next to L,
(On the $\frac{3}{4}$ walk about, do try to go back to your original spot where you started the dance, as this dance travels to the R),

PART C

SIDE SHUFFLE, DOUBLE BUMP, SHUFFLE $\frac{1}{4}$, DOUBLE BUMP,

1&2 Shuffle to R side, R,L,R,
3&4 Lift L heel as you bump L hip twice,
5&6 $\frac{1}{4}$ Turn left, Shuffle fwd L,R,L,
7&8 Bring R diagonally fwd & lift R heel, as you bump R hip twice,

SIDE SHUFFLE $\frac{1}{4}$, LIFT L HEEL & DOUBLE BUMP, SIDE SHUFFLE, LIFT R HEEL & DOUBLE BUMP,

1&2 $\frac{1}{4}$ Turn left, Shuffling back R,L,R,
3&4 Lift L heel as you bump L hip twice,
5&6 Shuffle to left side, L,R,L,
7&8 Bring R diagonally fwd & lift R heel, as you bump R twice, (weight on L),

FWD MAMBO, BUMP & BUMP, MAMBO BACK, BUMP & BUMP,

1&2 Rock R fwd, Recover on L, Step R slightly back,
3&4 Lift L heel as you Bump L twice,
5&6 Rock L back, Recover on R, Step L slightly fwd,
7&8 Bring R diagonally fwd & lift R heel, as you Bump R twice, (weight on L),

WALK, WALK, STEP, $\frac{1}{2}$ PIVOT, OUT, OUT, HIP ROLL, TOUCH

1-2 Walk R, Walk L
3-4 Step R fwd, Pivot $\frac{1}{2}$ turn left, Stepping L forward,
5-6 Step R out to right side (Bump R), Step L out to left side (Bump L),
7-8 Hip roll (CCW) Weight ends on L, Touch R next to L,

BEGIN AGAIN!

Sequence: ABC, ABCC, ABA-, CCCCC.

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