

Flake

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Craig Miyamoto (USA) - September 2013
音樂: Flake - Jack Johnson



Count In: 29 counts from start of track, dance begins on snare drum.

Notes: No Restarts or Tags. DANCE STARTS WITH LAST 3 COUNTS OF THE DANCE, THE SYNCOPATED SCISSOR STEPS. Those steps are including at the beginning for reference.

[62-64] 2 Syncopated Scissors

6&7 Step right foot out to right side (6), step left next to right (&), step right across left (7)
&8& Step left foot out to left side (&), step right next to left (8), step left across right (&)

[1-9] Walk R-L, R Shuffle, L Forward Press, Recover R, Back L, ½ turn R

1,2 Step forward on right (1), step forward on left (2)
3&4 Step forward on right (3), step left next to right (&), step forward on right (4)
5,6,7 Press forward on left (5), recover weight on right (6), step back on left (7)
8&1 Touch right toe back and while placing weight on it turn it towards the back wall while turning body ¼ to the right(8), Turn left foot toward the back wall while placing weight on it and turning body ¼ to the right (&), Step forward on right, 6:00

[10-16] L Shuffle, R Kick, R Back Step, ¼ Turn R with Head Snap, 2 swivel steps in place

2&3 Step forward on left (2), step right next to left (&), step forward on left (3)
4,5,6 Kick right foot forward (4), step right foot back turning it out to right (5), turn body ¼ to right while snapping head from left to right (from back wall to front wall) (6), 9:00
7,8 Swivel left foot towards right foot and step back out to left side (7), swivel right foot towards left and step back out to right side (8)

[17-25] Walk L-R, L Mambo, Back Walk R-L, Sweep Back x3

1,2 Step forward on left (1), step forward on right (2)
3&4 Rock forward on left (3), recover on right (&), step slightly back on left (4)
5,6 Step back on right (5), step back on left (6)
7,8,1 Step back onto right foot while sweeping left foot back behind right (7), step down on left foot while sweeping right foot back behind left (8), step down on right foot while sweeping left foot back behind right (1)

[26-32] L Behind Side Cross, R Rock, R Behind Side Tap, Unwind

2&3 Step down on left foot (2), step right out to right (&), cross left foot over right (3)
4,5 Rock right out to right side (4), recover on left (5)
6&7,8 Step right foot behind left (6), step left out to left (&), tapping right foot across left (7), unwind ½ turn to the left keeping right foot free (8), 3:00

[33-40] Walk R-L, R Mambo, Sweep Back, L Point to Side

1,2 Step forward on right (1), step forward on left (2)
3&4 Rock forward on right (3), recover on left (&), step slightly back on right (4)
5,6 Step back onto left foot while sweeping right foot back behind left for 2 counts (5,6)
&7,8 Step down on right foot (&) point left foot out to left side (7), bring left back next to right and change weight onto it (8)

[41-48] Chasse R, Hip Sways, Chasse L, Hip Roll

1&2 Step right to right side (1), step left next to right (&), step right to right side (2)
3,4 Sway hips to left (3), sway hips to right (4)

5&6 Step left to left side (5), step right next to left (&), step left to left side (6)
7,8 Roll hips from left side backwards to right side (7), collect right foot next to left (8)

[49-56] Rolling Turn R, Diagonal Steps Back L-R

1,2 Make $\frac{1}{4}$ turn right stepping forward on right (1), make $\frac{1}{2}$ turn right stepping back on left (2), 12:00
3,4 Make $\frac{1}{4}$ turn right stepping side on right (3), tap left next to right (4), 3:00
5,6 Step left diagonally backward to left (5), tap right next to left (6)
7,8 Step right diagonally backward to right (7), tap left next to right (8)

[57-64] $\frac{3}{4}$ Rolling Turn L, L Back Rock, L Step, 2 Syncopated Scissors

1,2 Make $\frac{1}{4}$ turn left stepping forward on left (5), make $\frac{1}{2}$ turn left stepping back on right (6), 6:00
3,4,5 Rock left back (3), recover on right (4), step forward on left (5)
6&7 Step right foot out to right side (6), step left next to right (&), step right across left (7)
&8& Step left foot out to left side (&), step right next to left (8), step left across right (&)

Contact: miyamotoc@hotmail.com
