Flora-Bama



拍數: 32 牆數: 4 級數: Beginner

編舞者: Jackie Clair (USA) - August 2014

音樂: Flora-Bama - Kenny Chesney: (Album: The Big Revival - available iTunes,

eMusic)



** Flora-Bama (a bar on the FL-AL line) **

Note: written by a Gulf Shores snowbird with many great memories at this bar!

Intro: 32 counts, begin after "There's"

*1 Restart and 1 Tag – both are easy to hear in the music

[1-8] SKATE RIGHT, SKATE LEFT, RIGHT SHUFFLE DIAGONALLY, REPEAT ON LEFT

1-2 Skate R, skate L

3&4 Shuffle R, stepping diagonally R, L, R (1:30)

5-6 Skate L, skate R

7&8 Shuffle to L, stepping diagonally L, R, L (10:30)

[9-16] 1/4 PIVOT LEFT, CROSS SHUFFLE, 1/2 TURN, CROSS SHUFFLE

1-2 Step forward on R, ¼ pivot turn to L (9:00)

3&4 Cross R over L, stepping R, L, R

5-6 ½ turn stepping back on L, ¼ turn stepping R to R side (3:00)

7&8 Cross L over R stepping L, R, L

*** Restart here on 3rd wall

[17-24] SIDE ROCK, SAILOR 1/4 TURN, ROCK RECOVER, SHUFFLE BACK

1-2 Rock to R on R, recover to L on L

Turn ¼ R as you bring R behind L, step L to side, step R to side (6:00)

5-6 Rock forward on L, recover back on R

7&8 Shuffle back stepping L, R, L

[25-32] TOE STRUT 1/2 TURN, SHUFFLE FORWARD, 1/4 TURN MONTEREY WITH CROSS BACK SIDE

1-2 Touch R toe behind R, turning ½ to R, taking weight on R (12:00)

3&4 Shuffle forward stepping L, R, L

5-6 Point R to R side, turn ¼ R, stepping R beside L (first 2 counts of Monterey turn) (3:00)

7&8 Cross L over R, step back on R, step side L

TAG: END OF 5TH WALL THERE IS A PAUSE

1-2 Skate R, skate L

REPEAT AND ENJOY

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