

STL Flava's House



Count: 80

Wand: 1

Ebene: High Intermediate

Choreograf/in: Kris White (USA) - May 2025

Musik: House Party (Oliver Disco Mixx) - The Knocks & Captain Cuts



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

*Note, depending on version of song that the DJ plays, you may dance Part 3 twice before the dance is over.

PART 1: 16 COUNTS

ROCK BACK, LEFT HALF TURNING CHA, ROCK BACKS RECOVER (NC2S)

- 1 2 3&4 Rock back on right foot to prep for left turn, recover on left
- 3&4 Complete half turn doing triple step right, left, right
- 5&6 7&8 Rock back on left, recover on right, step left side, rock back on right, recover left, step right side

SIDE KICKS, FRONT KICK, BACK TAP, KICK BALL CHANGES

- 1&2&3&4 Point left, point right, point left, point/stomp forward (right foot)
- 5&6 7&8 Right kick ball change/pointing left back, left kick ball change/pointing right foot back

REPEAT PART 1 TO RETURN TO FRONT

PART 2: 32 COUNTS

SYNCHOPATED WIZARD STEPS, TWISTS/SWIVELS "WOO WOOS"

- 1 2& Step right foot to right, step on left behind, recover on right
- 3 4 Step on left, step right to side
- 5&6 Step on left behind, recover on right, step left to side
- 7 8 Skate/swivel in place to right, left

REPEAT ABOVE 8 STEPS ONE MORE TIME

SYNCHOPATED WIZARD STEP, CROSS AND HEEL/KICK

- 1 2& Step right foot to right, step on left behind, recover on right
- 3 4 Step on left, step right to side
- 5&6 Step on left behind, recover on right, step left to side
- 7&8& Cross right over left, step on left, step/kick right foot, recover on right

CONTINUE CROSS AND HEEL, MARCH IN PLACE, AND LIFT LEFT KNEE

- 1&2& Cross left over right, step on right, step/kick left foot, recover on left
- 3 4 Step on right, left
- 5 6 7 8 Step on right, left, right, lift left knee and hold

REPEAT PART 1

REPEAT PART 2

REPEAT PART 1

PART 3*: 32 COUNTS

SLOW FORWARD WALKS

- 1 3 5 7 Forward walks right (pause), left (pause), right (pause), left (pause)

FORWARD LEFT PADDLE THREE QUARTER LEFT TURN

1 - 8 Keeping left foot in place, paddle on right foot with forward paddles to do three quarters left turn

CROSS HEEL TOE STEPS

1 2 Step on left heel crossing over right in front, then step on left toe
3 4 Step out on right to side, recover on left facing left
5 6 Step on right heel over left in front (heel then toe)
7 8 Step out on left to side, recover on right

BACK RIGHT, LEFT, SYNCHOPATED POINTS RIGHT AND LEFT

1 3 Step back on right foot (hip dip), step back on left foot (hip dip)
5 6 & 7 Point right, bring right foot in, point left foot to left and hold

REPEAT PART 3 THREE MORE TIMES TO END UP FACING FRONT WALL ENDING WITH 2 JUMPS

REPEAT PART 1

REPEAT PART 2

REPEAT PART 1

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