White Flag



Count: 0 Wand: 4 Ebene: Intermediate

Choreograf/in: Elaine Jordan (UK)

Musik: White Flag - Dido



Sequence: AB, AAB, A, continue A to end of dance

PART A

CROSS FORWARD BACK AND BACK FORWARD AND SIDE ROCK AND BEHIND AND FRONT AND 1/4 TURN LEFT

1-2& Rock across right foot with left, recover weight back onto left foot, place left foot next to right 3-4& Rock back and behind left foot with right, recover weight forward onto left, place right foot out

to right side

5-6& Step in place with left foot, cross right foot behind left, step left foot to left side

7&8& Cross right foot in front of left, step side left, cross right foot behind left, step to left side on left

foot making 1/4 turn to left side

ROCKS FORWARD BACK, BACK LOCK BACK AND BACK LOCK BACK TURN 1/4 SWAY LEFT RIGHT

1-2&	Rock forward onto right foot, recover weight back onto left foot, step back on right foot
3-4&	Lock left foot across front of right, step back on right, step back on left
5-6&	Lock right foot across front of left, step back on left, step back on right
7-8&	Step forward on left foot swaying weight onto left, as you sway weight onto right foot make ¼ turn to right, bring left foot alongside right and transfer weight onto left

SWAY RIGHT LEFT 1/4 TURN HEEL AND TOUCH, CROSS BACK AND CROSS SIDE

1-2&	Sway weight onto right foot, sway weight back onto left foot, transfer weight onto right making a ¼ turn to left
3&4	Left heel goes forward, step in place on left foot, touch right toe along side of left
5-6&	Cross right foot in front of left, step back on left foot, step back on right foot
7-8	Cross left foot in front of right, step to right side on right foot

CROSS POINT HOLD, CROSS POINT HOLD, BACK POINT HOLD, BACK HOLD

1-2	Step left foot over and in front of right, point right foot out to right side
3-4	Step right foot over and in front of left, point left foot out to left side
5-6	Step left back and behind right, point right foot out to right side
7-8	Step right foot back and behind left, point left foot out to left side

PART B

STEP LOCK AND STEP TURN, STEP LOCK AND STEP TURN

1-2&	Step forward onto left foot, lock right foot behind left foot, step in place onto left foot
3-4	Step forward onto right foot make ½ turn to left, step onto left foot
5-6&	Step forward onto right foot, lock left foot behind right foot, step into place onto right foot
7-8	Step forward onto left foot and make ½ turn to right, step onto right foot

MONTEREY TURNS WITH HOLDS TWICE

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&1-2	Step onto left foot, point right toe to right side hold for 1 count
&3-4	Step right foot in and pivot $\frac{1}{2}$ turn to right on right foot, point left toe out to left side and hold for one count
& 5-6	Step onto left foot, point right toe to right side hold for 1 count
&7-8	Step right foot in and pivot ½ turn to right on right foot, point left toe out to left side and hold for one count

