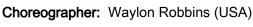
Flip-Flop Hop

Count: 48

Level: Improver



Music: Nickajack - River Road

KICKS & TWIST

- 1 Kick right foot forward
- 2 Step right foot next to left
- 3 Kick left foot forward
- 4 Step left foot next to right
- 5 Kick right foot forward
- 6 Step right foot next to left while shifting both heels to right
- 7 Switching weight to heels of feet, twist both toes to right
- 8 Switching weight to balls of feet, twist both heels to right center
- 9 Kick left foot forward
- 10 Step left foot next to right
- 11 Kick right foot forward
- 12 Step right foot next to left
- 13 Kick left foot forward
- 14 Step left foot next to right while shifting both heels to left
- 15 Switching weight to heels of feet, twist both toes to left
- 16 Switching weight to balls of feet, twist both heels to left center

RIGHT VINES WITH ¼ TURNS

- 17 Step right foot to right
- 18 Cross left foot behind right
- 19 Step right foot to right
- 20 Hop on both feet, making a ¼ turn to right, landing feet together, weight on left foot
- 21-24 Repeat steps 17-20 (now facing opposite wall from original starting wall)

CROSS STEPS

- 25 Step right foot back
- 26 Drag left foot slightly across and in front of right
- 27-28 Repeat steps 25-26

STEP & TOUCH

- 29 Step right foot to right
- 30 Touch left toe next to right (snap fingers)
- 31 Step left foot to left
- 32 Touch right toe next to left (snap fingers)

SYNCOPATED SIDE TOUCHES

- &33 Step right foot quickly to right, and touch left toe next to right
- 34 Clap
- &35 Step left foot quickly to left, and touch right toe next to left
- 36 Clap

HALF TURNS

- 37 Step right foot forward
- 38 Make ½ turn to left, switching weight to left foot
- 39 Step right foot forward





Wall: 2

40 Make ½ turn to left, switching weight to left foot

SCUFFS

- 41 Scuff right foot forward
- 42 Step right foot next to left
- 43 Scuff left foot forward
- 44 Step left foot next to right
- 45 Scuff right foot forward
- 46 Step right foot behind left, with left foot straight forward and right foot at an angle (pointing to 2:00)

SEPARATED HEEL SPLITS

- 47 With weight on balls of feet, twist both heels in
- & Twist both heels out
- 48 Twist both heels in

REPEAT