

# Let's Get Flumpy

Compte: 64

Mur: 4

Niveau: Improver

Chorégraphe: Rob Fowler (ES) & Paul McAdam (UK)

Musique: My Boy Lollipop - Millie



## STEP RIGHT, TOGETHER, RIGHT SIDE CHASSE, CROSS ROCK, RECOVER, STEP LEFT, TOGETHER

- 1 Step to right on right foot
- 2 Step on left foot beside right
- 3 Step to right on right foot
- & Step on left foot beside right
- 4 Step to right on right foot
- 5 Cross-rock left foot over right
- 6 Recover weight back onto right foot
- 7 Step to left on left foot
- 8 Step on right foot beside left

## STEP LEFT, TOGETHER, LEFT SIDE CHASSE, CROSS ROCK, RECOVER, START 1 ¼ TURN TO RIGHT

- 9 Step to left on left foot
- 10 Step on right foot beside left
- 11 Step to left on left foot
- & Step on right foot beside left
- 12 Step to left on left foot
- 13 Cross-rock right foot over left
- 14 Recover weight back onto right foot
- 15 Step to right on right foot turning ¼ right
- 16 Turn ½ right, and step back on left foot

## FINISH 1 ¼ TURN TO RIGHT, RIGHT KICK-BALL-STEP, STEP, HEEL BOUNCES WITH ½ TURN TO LEFT

- 17 Turn ½ right, and step forward on right foot
- 18 Step forward on left foot
- 19 Kick right foot forward
- & Step on right foot beside left
- 20 Step forward on left foot
- 21 Step forward on right foot
- 22-24 Bounce heels 3 times, to make ½ turn to left

## WALK FORWARD RIGHT, LEFT, RIGHT KICK-BALL-STEP, STEP, HEEL BOUNCES WITH ½ TURN TO LEFT

- 25 Step forward on right foot
- 26 Step forward on left foot
- 27 Kick right foot forward
- & Step on right foot beside left
- 28 Step forward on left foot
- 29 Step forward on right foot
- 30-32 Bounce heels 3 times, to make ½ turn to left

## KICK, BOOGIE-WALK FORWARD, KICK, BOOGIE-WALK FORWARD

- 33 Kick right foot forward
- & Step together with right foot
- 34 Step forward on ball of left foot.

You are now on the balls of both feet. Bend both knees and shift both knees to the left side, hips are shifted

**left also**

- 35 Step forward on ball of right foot. On balls of both feet, keep knees bent, shift both knees & hips to right
- 36 Step forward on ball of left foot. On balls of both feet, keep knees bent, shift both knees and hips to left
- 37 Kick right foot forward
- & Step together with right foot
- 38 Step forward on ball of left foot. You are now on the balls of both feet

**Bend both knees and shift both knees to the left side, hips are shifted left also**

- 39 Step forward on ball of right foot. On balls of both feet, keep knees bent, shift both knees & hips to right
- 40 Step forward on ball of left foot. On balls of both feet, keep knees bent, shift both knees and hips to left

Counts 31-38 are very similar to the "Shorty George" moves in the dance "Shakin' The Shack" which was choreographed by Jo Thompson

**ROCK FORWARD, RECOVER, TRIPLE ½ TURN, LEFT SHUFFLE FORWARD, STEP, ½ TURN**

- 41 Rock forward on right foot
- 42 Rock back, and recover weight onto left foot
- 43&44 While turning ½ turn right, step on right foot, step on left foot, step on right foot
- 45 Step forward on left foot
- & Step on right foot beside left
- 46 Step forward on left foot
- 47 Step forward on right foot
- 48 Pivot ½ turn to left

**LEFT SHUFFLE FORWARD, STEP, ½ TURN**

- 49 Step forward on left foot
- & Step on right foot beside left
- 50 Step forward on left foot
- 51 Step forward on right foot
- 52 Pivot ½ turn to left
- 53 Step forward on left foot
- & Step on right foot beside left
- 54 Step forward on left foot
- 55 Step forward on right foot
- 56 Pivot ½ turn to left

**DIAGONAL STEPS FORWARD & TOGETHER, DIAGONAL STEPS FORWARD & TOGETHER**

- 57 Step diagonally-forward right on right foot
- 58 Step back onto left foot
- & Step on right foot beside left
- 59 Step diagonally-back left on left foot
- 60 Step on right foot beside left
- 61 Step diagonally-forward left on left foot
- 62 Step back onto right foot
- & Step on left foot beside right
- 63 Step diagonally-back right on right foot
- 64 Step on left foot beside right

**REPEAT**

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