

Eternal Flame

Compte: 36

Mur: 4

Niveau: Improver

Chorégraphe: The Hedgehogs (UK)

Musique: Eternal Flame - Atomic Kitten



ROCK AND CROSSES, JUMP BACK, CROSS SHUFFLE

- 1&2 Rock right to right, rock weight on to left, cross right over left
- 3&4 Rock left to left, rock weight on to right, cross left over right
- &5-6 Jump back feet shoulder width apart right, left, hold
- 7&8 Cross right over left, step left to left, cross right over left

ROCK STEP, TURNING SHUFFLE, ROCK STEP, COASTER STEP

- 9-10 Step left to left, rock weight onto right making a ¼ turn right
- 11&12 Make a full turn to right stepping left, right, left
- Or shuffle forward left, right, left without turns**
- 13-14 Rock right forward, rock back on left
- 15&16 Step back on right, step left together, step right forward

STEP PIVOT, SHUFFLE, KICK BALL STEP KICK BALL TOUCH

- 17-18 Step left forward, pivot ½ turn right
- 19&20 Shuffle forward left, right, left
- 21&22 Kick right forward, step on ball of right next to left, step left forward
- 23&24 Kick right forward, step on ball of right next to left, touch left backwards

HEEL SWIVELS WITH ½ TURN LEFT, KICK BALL STEP, KICK BALL TOUCH

- &25&26 With knees slightly bent, swivel on balls of both feet to right, left, right, left
- &27&28 Repeat steps &25-26
- During steps & 25 to 28, you will be making a ½ turn in total to the left**
- 29&30 Kick right forward, step on ball of right next to left, step left forward
- 31&32 Kick right forward, step on ball of right next to left, touch left backwards

HEEL SWIVELS WITH ½ TURN LEFT

- &33&34 With knees slightly bent, swivel on balls of both feet to right, left, right, left
- &35&36 Repeat steps & 33-34
- During steps & 33 to 36, you will be making a ½ turn in total to the left**

REPEAT

On the heel swivels (&25-28 and &33-36), hold hands in front as if holding a guitar (left palm facing forward, right palm facing your body) and swing arms right, left, right, left in time with your heel swivels.