

Flex

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Flex - Kali J



Intro: 16 Counts, Start at approx 9 secs

SEC 1: Jazz Box, Cross, Side, Touch, $\frac{3}{4}$ Unwind, Step, Mambo Together

1-2 Cross right over left, step left back
3-4 Step right to right, cross left over right
&5-6 Step right to right, touch left behind right, unwind $\frac{3}{4}$ turn left transferring weight onto left (3:00)
7 Step right forward
8&1 Rock left forward, recover weight onto right, step left beside right

SEC 2: Rock, Sweep, Weave, Hip, Hip, Behind, Sweep

2-3 Rock right forward, recover weight onto left sweeping right from front to back
4&5 Step right behind left, step left to left, cross right over left
6-7 Step left to left bumping hip left, bump right hip to right
8 Step left behind right sweeping right from front to back

SEC 3: Slow Weave, Scissor Cross, $\frac{3}{4}$ Reverse Turn, Shuffle

1-2-3 Step right behind left, step left to left, cross right over left
4&5 Step left to left, step right beside left, cross left over right
6-7 Turn $\frac{1}{4}$ left step right back, turn $\frac{1}{2}$ left step left forward (6:00)
8&1 Step right forward, step left beside right, step right forward

SEC 4: Rock, Recover, Rock, Ball Lock, $\frac{3}{4}$ Unwind, Cross, Together

2-3-4 Rock left forward, recover weight onto right, rock left forward
&5 Step right forward, lock left behind right
6-7 Unwind $\frac{3}{4}$ turn left transferring weight onto left over 2 counts (9:00)
8& Cross right over left, step left beside right

Tag: At the end of Walls 1 & 4

SEC 1 Kick, Flick, Cross, Back, Side, Point, Flick, Kick, Cross, $\frac{1}{4}$ Back, Side

1-2 Kick right to right diagonal, flick right back
3&4 Cross right over left, step left back, step right to right
5&6 Touch left to left diagonal, flick left back, kick left forward
&7-8 Cross left over right, turn $\frac{1}{4}$ left step right back, step left to left

SEC 2-4 Repeat SEC 1 - 3 more times