

Hank Flamingo

拍数: 48 墙数: 4 级数: Improver
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音乐: Gooseneck Trailer - Hank Flamingo



TOE STRUTS FORWARD, 2 RIGHT KICKS FORWARD, COASTER STEP

- 1 Right foot toe step forward (leaving heel raised off floor)
- 2 Right foot bring heel down
- 3 Left foot toe step forward (leaving heel raised off floor)
- 4 Left foot bring heel down

- 5 Right foot kick forward
- 6 Right foot kick forward
- 7 Right foot step backward slightly
- & Left foot step down directly under body
- 8 Right foot step next to left foot

TOE STRUTS FORWARD, 2 LEFT KICKS FORWARD, COASTER STEP

- 1 Left foot toe step forward (leaving heel raised off floor)
- 2 Left foot bring heel down
- 3 Right foot toe step forward (leaving heel raised off floor)
- 4 Right foot bring heel down

- 5 Left foot kick forward
- 6 Left foot kick forward
- 7 Left foot step backward slightly
- & Right foot step down directly under body
- 8 Left foot step next to right foot

2 PIVOT TURNS, RIGHT KICK FORWARD, BACKWARD STEPS

- 1 Right foot step forward (weight. Remaining on both feet)
- & Right foot/left foot pivot ½ to left on balls of both feet (to face 6:00)
- 2 Left foot shift weight. Forward to left foot
- 3 Right foot step forward (weight. Remaining on both feet)
- & Right foot/left foot pivot ½ to left on balls of both feet (12:00 again)
- 4 Left foot shift weight. Forward to left foot

- 5 Right foot kick forward
- 6 Right foot step backward
- 7 Left foot step backward
- 8 Right foot touch toe next to left foot

DIAGONAL STEPS FORWARD

- 1 Right foot diagonal step forward toward 2:00
- 2 Left foot slide up next to right foot, change weight to left foot
- 3 Right foot diagonal step forward toward 2:00
- 4 Left foot brush forward

- 5 Left foot diagonal step forward toward 10:00
- 6 Right foot slide up next to left foot, change weight to right foot
- & Right foot turn ¼ to left on ball of right foot - facing 12:00 again

- 7 Left foot step down directly under body
- 8 Right foot brush forward

THREE-COUNT TURN RIGHT, TOUCH & CLAP; THREE-COUNT TURN LEFT, TOUCH & CLAP

- 1 Right foot step to right side
- & Right foot turn $\frac{1}{4}$ to right on ball of right foot (now facing 12:00)
- 2 Left foot step forward (toward 12:00)
- & Left foot turn $\frac{1}{2}$ to right on ball of left foot
- 3 Right foot step backward (toward 12:00)
- & Right foot turn $\frac{1}{2}$ to right on ball of right foot - now facing 12:00
- 4 Left foot touch toe next to right foot, clap

- 5 Left foot step to left side
- & Left foot turn $\frac{1}{4}$ to left on ball of left foot (now facing 9:00 again)
- 6 Right foot step forward (toward 9:00)
- & Right foot turn $\frac{1}{2}$ to left on ball of right foot
- 7 Left foot step backward (toward 9:00)
- & Left foot turn $\frac{1}{2}$ to left on ball of left foot - facing 9:00 once more, your new front wall
- 8 Right foot touch toe next to left foot, clap

HIP BUMPS & SHOULDER SHIMMIES

- 1 Hips bump hips to right
- & Hips bight hips part way back to center
- 2 Hips bump hips to right again
- 3 Hips bump hips to left
- & Hips bring hips part way back to center
- 4 Hips bump helps to left again

- 5 Shoulders shimmy down, bending forward at waist
- 6 Shoulders shimmy down further, bending forward at waist
- 7 Shoulders shimmy up half way, straightening from waist
- 8 Shoulders shimmy up, straightening up completely

REPEAT
