

# Flip And Flop

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Tanja Viitamaki (FIN)  
音乐: Out of Habit - BR5-49



## VAUDEVILLES (HEEL JACKS)

- 1-2      Step right to right side, touch left heel diagonally forward
- &3-4      Step left foot next to right (&), cross right over left, hold
- 5-6      Step left to left side, touch right heel diagonally forward
- &7-8      Step right foot next to left (&), cross left over right, hold

## STEP, HOLD, CROSS, HOLD, UNWIND ½ TURN RIGHT

- 9-10      Step right to the right side, hold
- 11-12      Cross left over right, hold
- 13-16      Unwind by turning right ½ turn (weight on right, feet apart)

## TOE HEEL STRUTS, TOUCH, UNWIND ½ PIVOT TURN RIGHT

- 17-18      Touch left toe back, drop heel down
- 19-20      Touch right toe back, drop heel down
- 21-22      Touch left toe back, drop heel down
- 23-24      Touch right toe back, unwind by turning right ½ pivot turn (weight on left)

## TOE HEEL STRUTS, COASTER STEP, HOLD

- 25-26      Touch right toe back, drop heel down
- 27-28      Touch left toe back, drop heel down
- 29-32      Step right back, step left next to right, stomp right forward, hold

## FLIP-FLOP STEPS WITH UNWIND ½ TURN RIGHT

- 33-34      Scuff left foot forward, brush left foot backwards over right foot
- 35-36      Touch left toe next to right (keep feet crossed), unwind by turning right ½ turn (weight on left, feet apart)

## STEPS DIAGONALLY FORWARD, STAMP TWICE

- 37-38      Step right foot slightly forward, hold
- 39-40      Cross left over right, hold
- 41-42      Step right foot slightly forward, hold
- 43-44      Stamp left twice

## STEPS DIAGONALLY FORWARD, ¼ TURN LEFT, STAMP TWICE

- 45-46      Step left foot slightly forward, hold
- 47-48      Cross right over left, hold
- 49-50      Step left foot to left turning ¼ to left, hold
- 51-52      Stamp right twice

## FLIP-FLOP STEPS

- 53-54      Scuff right foot forward, brush right foot backwards over left foot
- 55-56      Touch right toe next to left (keep feet crossed), hold

## FLIP-FLOP TURNS

- 57-58      Shoulder shimmy
- 59-60      Unwind ¼ turn to left with shoulder shimmy, shoulder shimmy
- 61-62      Unwind ¼ turn to left with shoulder shimmy, shoulder shimmy

63-64 Unwind  $\frac{1}{4}$  turn to left with shoulder shimmy, shoulder shimmy (weight on left foot)

**REPEAT**

**TAG**

**After wall 3**

**HEAD TURN, SEWINDER TO RIGHT, HEAD TURN, STAMP**

- 1-2 Turn head to right and step right to right side, cross left behind
- 3-4 Step right to right side, cross left over right
- 5-6 Step right to right side, cross left behind
- 7-8 Step right to right side, turn head to left and stamp left

**SEWINDER TO LEFT, STAMP**

- 9-10 Step left to left side, cross right behind
  - 11-12 Step left to left side, cross right over left
  - 13-14 Step left to left side, cross right behind
  - 15-16 Step left to left side, stamp right
-