

Flip-Flop Hop

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2
编舞者: Waylon Robbins (USA)
音乐: Nickajack - River Road

级数: Improver



KICKS & TWIST

- 1 Kick right foot forward
- 2 Step right foot next to left
- 3 Kick left foot forward
- 4 Step left foot next to right
- 5 Kick right foot forward
- 6 Step right foot next to left while shifting both heels to right
- 7 Switching weight to heels of feet, twist both toes to right
- 8 Switching weight to balls of feet, twist both heels to right center
- 9 Kick left foot forward
- 10 Step left foot next to right
- 11 Kick right foot forward
- 12 Step right foot next to left
- 13 Kick left foot forward
- 14 Step left foot next to right while shifting both heels to left
- 15 Switching weight to heels of feet, twist both toes to left
- 16 Switching weight to balls of feet, twist both heels to left center

RIGHT VINES WITH ¼ TURNS

- 17 Step right foot to right
- 18 Cross left foot behind right
- 19 Step right foot to right
- 20 Hop on both feet, making a ¼ turn to right, landing feet together, weight on left foot
- 21-24 Repeat steps 17-20 (now facing opposite wall from original starting wall)

CROSS STEPS

- 25 Step right foot back
- 26 Drag left foot slightly across and in front of right
- 27-28 Repeat steps 25-26

STEP & TOUCH

- 29 Step right foot to right
- 30 Touch left toe next to right (snap fingers)
- 31 Step left foot to left
- 32 Touch right toe next to left (snap fingers)

SYNCOPATED SIDE TOUCHES

- &33 Step right foot quickly to right, and touch left toe next to right
- 34 Clap
- &35 Step left foot quickly to left, and touch right toe next to left
- 36 Clap

HALF TURNS

- 37 Step right foot forward
- 38 Make ½ turn to left, switching weight to left foot
- 39 Step right foot forward

40 Make ½ turn to left, switching weight to left foot

SCUFFS

41 Scuff right foot forward

42 Step right foot next to left

43 Scuff left foot forward

44 Step left foot next to right

45 Scuff right foot forward

46 Step right foot behind left, with left foot straight forward and right foot at an angle (pointing to 2:00)

SEPARATED HEEL SPLITS

47 With weight on balls of feet, twist both heels in

& Twist both heels out

48 Twist both heels in

REPEAT
