

Alla Flickor

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Ross Brown (ENG) - October 2008
音乐: Alla Flickor - Linda Bengtzing : (CD: Ingenting Att Förlora)



Intro: 8 Counts (Approx. 5 Secs)

POINT; FORWARD, SIDE. COASTER STEP. SHUFFLE FORWARD. STEP, PIVOT ½ TURN.

- 1-2 Point right toe forward, point right toe to the right.
- 3&4 Step back with right, step left next to right, step forward with right.
- 5&6 Step forward with left, close right up to left, step forward with left.
- 7-8 Step forward with right, pivot a ½ turn left. (6 o'clock)

POINT; FORWARD, SIDE. COASTER STEP. SHUFFLE FORWARD. ROCK FORWARD, RECOVER.

- 1-2 Point right toe forward, point right toe to the right.
- 3&4 Step back with right, step left next to right, step forward with right.
- 5&6 Step forward with left, close right up to left, step forward with left.
- 7-8 Rock forward with right, recover onto left.

SHUFFLE ½ TURN. TOUCH FORWARD, FLICK ¼ TURN, CROSS. SIDE POINT, FLICK, CROSS.

- 1&2 Shuffle a ½ turn right stepping; right, left, right. (12 o'clock)
- 3-4-5 Touch left toe forward, make a ¼ turn right flicking left foot to left, cross step left over right. (3 o'clock)
- 6-7-8 Point right to the right, flick right foot to the right, cross step right over left.

SIDE ROCK, RECOVER ¼ TURN. SHUFFLE FORWARD. STEP, PIVOT ½ TURN, FULL TURN OVER TWO STEPS.

- 1-2 Rock left to the left, make a ¼ turn right recovering onto right. (6 o'clock)
- 3&4 Step forward with left, close right up to left, step forward with left.
- 5-6 Step forward with right, pivot a ½ turn left. (12 o'clock)
- 7-8 Make a full turn left stepping; back with right, forward with left. (12 o'clock)

Alternative You can WALK FORWARD; RIGHT, LEFT on Counts 7-8.

SIDE WITH ARMS, SWIVEL WITH SLAP. SWIVEL WITH ARMS, SWIVEL WITH SLAP, SWIVEL, SWIVEL. SAILOR STEP.

- 1-2 Step right to the right raising arms up in a V shape with palms upwards, swivel heels to the right slapping thighs with both hands.
- 3-4 Swivel heels to the left raising arms up again, swivel heels to the right slapping thighs.
- 5-6 Swivel heels to the left, swivel heels to the right. (Weight ends on Right)
- 7&8 Cross step left behind right, step right to the right, step right to the right.

Restart: On wall 3, you restart the dance at this point. (Facing 12 o'clock)

CROSS, SIDE POINT. TOGETHER, SIDE POINT, CROSS. 2x KICK BALL CROSS.

- 1-2 Cross step right over left, point left to the left.
- &3-4 Step left next to right, point right to the right, cross step right over left.
- 5&6 Kick left foot to left forward diagonal, step left next to right, cross step right over left.
- 7&8 Kick left foot to left forward diagonal, step left next to right, cross step right over left.

SIDE ROCK, RECOVER. BEHIND, STEP ¼ TURN. STEP, LOCK, STEP. STEP, PIVOT ¼ TURN.

- 1-2 Rock left to the left, recover onto right.
- 3-4 Cross step left behind right, make a ¼ turn right stepping forward with right. (3 o'clock)
- 5&6 Step forward with left, lock right behind left, step forward with left.
- 7-8 Step forward with right, pivot a ¼ turn left. (12 o'clock)

DOROTHY STEP ¼ TURN. TAP HEEL, HOLD. TOGETHER. (x2)

- 1-2& Step forward with right, lock left behind right, make a ¼ turn left stepping right next to left. (9 o'clock)
- 3-4& Tap left heel forward, hold for 1 count, step left next to right.
- 5-8& Repeat 1-2& and 3-4& of this Section. (6 o'clock)

End of Dance. Start again and Enjoy!
