

Flashdance

拍数: 32 墙数: 4 级数: Beginner
编舞者: Judy Rodgers (USA) - September 2012
音乐: Flashdance...What a Feeling - Irene Cara : (Single)



88 count intro (no tags, no restarts) - See option at end of dance to start after 16 counts.

Cross rock, side rock, cross rock, side, cross, side, behind, side

1&2& Cross rock R over L, recover L, rock R to side, recover L,
3&4 Cross rock R over L, recover L, step R to side
5-8 Cross L over R, step R to side, cross L behind R, step R to side

Cross rock, side rock, cross rock, side, cross, side, behind, turn ¼

1&2& Cross rock L over R, recover R, rock L to side, recover R,
3&4 Cross rock L over R, recover R, step L to side
5-8 Cross R over L, step L to side, cross R behind L, turn ¼ left step L forward 9:00

Step ½ turn, shuffle ½ turn, rock, recover, kick ball point

1-2 Step R forward, pivot ½ left 3:00
3&4 Shuffle turn ½ left stepping R L R 9:00
5-6 Rock L back, recover R
7&8 Kick L forward, step down on L, point R to right side

Samba step, samba step, jazz box

1&2 Cross R over L, rock L to left side, recover R
3&4 Cross L over R, rock R to right side, recover L
5-8 Cross R over L, step back on L, step R to side, step L forward

Repeat and enjoy the dance!

**Option: If you don't want to wait 88 counts to start, you can start after a 16 count intro,
You would dance the dance 2 full times which would put you at the 6:00 wall.
Add the 8 count tag below to bring you back to the front wall – the dance is full speed at this point.
After wall 2 (at 6:00) – one time only ...if you start after 16 count intro.....
add the 8 count tag below, then start the dance again from front wall.**

1&2& Cross rock R over L, recover L, rock R to side, recover L,
3&4 Cross rock R over L, recover L, step R to side
5-8 Step L forward, pivot ½ turn right, step L forward, touch R beside L