Flip Flop Attitude

拍數: 48

級數: Intermediate Hustle Rhythm

編舞者: Donna Manning (USA) - July 2018

音樂: Summer Fever - Little Big Town

#1 Tag/ Restart on wall 5 after 26 counts (yep 26 counts)

Sec.1 (&1-7) Ball-walk-walk, Step-ball, Step-ball, Rock, Recover, ¼ Turn

- &1-2 Quick push off the ball of the R (just underneath you or slightly behind center), walk L-R
- 3&4& Step L fwrd, bring ball of R to heel of L taking weight, REPEAT
- 5,6,7 Rock fwrd on L, recover to R, ¼ turn L stepping L to L side (9:00)

Sec.2 (8-7) Cross Rock-Recover-1/4 Turn, Step, ½ Turn, Triple ½ Turn, Rock, Recover

- 8&1,2-3 Cross Rock R over L, Recover to L, ¼ turn R stepping R fwrd, step L fwrd, ½ turn R taking weight to R
- 4&5 1/4 turn R stepping L to L side, Bring R to L, 1/4 turn R stepping L back
- 6-7 Rock R back, recover to L (12:000

Sec.3 (8-7) Fwrd Coaster, Step Back, Settle, Fwrd-together, Back Rock, Recover, Step Across

8&1,2,3 Step R fwrd, bring L next to R, step R back, step L back, settle into L hip leaving R in front
4&5-6, 7 step R slightly fwrd, bring L next to R, rock R back, recover fwrd to L, step R across on the diagonal -12:00

Sec.4 (8-8) Side- Together, Hip dip(2counts), Hip Dip R w/ ¼ Turn, Step, Fwrd Rock, Recover, Step Back

8&1-2 L to L side, bring R next to L, step L to L side slight knee bend to drop L hip coming on L take weight on 2

***During 5th wall (3rd X @ front) TAG Stay facing 12:00 - 2 counts...hip sway R then L – RESTART from beginning

- 3,4 step R to R side with slight knee bend and turn ¼ turn L on ball of R coming up to take weight on 4
- 5,6,7,8 Step down on L, Rock R fwrd, recover to L, step R back slightly to back diagonal (9:00)

Sec.5 (&1-8) Ball-Step, Walk L-R, Step-push-flip, Cross, Back, Side

- &1,2-3 Quick push off ball of L slightly out to L side, stepping R fwrd, walk L-R
- 4, &5 Step L down close to R, as you step R close to L push off the ball of the R and make ½ turn L flicking R up behind you (3:00)
- 6,7,8 Cross R over L, step L back, step R to R side (3:00)

Sec.6 (1-8) Cross Rock, Recover, ¼ Turn Triple, Step, ½ Turn, ½ - ½ (OR walk walk)

- 1,2,3&4 Cross Rock L over R, recover to R, step L to L side, bring R next to L, ¼ turn L stepping L fwrd
- 5-6 Step R fwrd, ½ turn L taking weight to L prepping to
- 7-8 continue with 2 more ¹/₂ turns L... OR walk-walk (6:00)

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牆數:2