

31 Flavors

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Val Saari (CAN) - September 2019
音樂: 31 Flavors - The Shirelles



Begin on "ice-cream"

TOE-STRUTS FWD, SYNCOPATED OUT-OUT-IN-IN BACK

1&2& Touch RF toes forward, Drop heel, Touch LF toes forward beside R, Drop heel
&5-6 Hop RF back to right (&), Step LF left (5), clap (6)
&7-8 Hop RF back to left (&), Step LF together (7), clap (8), (weight on LF)

WALK FORWARD R,L,R, KICK L, WALK BACK L,R,L, TOUCH

1-2 Walk forward, RF, LF
3-4 Walk forward RF, Kick LF forward
5-6 Step back, LF, RF
7-8 Step back LF, Touch RF beside L

SIDE POINTS (R, L, R 1/4 L, L)

1-2 Point RF to R side, Step RF beside L
3-4 Point LF to L side, Step LF beside R
5-6 Point RF to R side 1/4 turn L, Step RF beside L
7-8 Point LF to L side, Step LF beside R

HEEL TWISTS (RL), TWIST ON THE SPOT RLRL

1-2 Twist heels Right, (Optional Clap or Finger Snaps)
3-4 Twist heels Left, (Optional Clap or Finger Snaps)
5-8 Bend knees/Twist Heels RLRL

OPTIONAL (INTRO): Begin on "Got a baby who"

RUMBA BOX FWD, SIDE TOUCHES RLRL (OPTIONAL SHOULDER SHIMMIES)

1&2& Step RF to right side, Step LF beside RF, Step RF forward, Kick LF
3&4& Step LF to left side, Step RF beside LF, Step LF back, Kick RF
5&6& Step RF right, Touch LF beside R, Step LF left, Touch RF beside L
7&8& Step RF right, Touch LF beside R, Step LF left, Touch RF beside L

REPEAT - No Tags, No Restarts

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