

# Flames

拍數: 32      牆數: 4      級數: High Intermediate  
編舞者: Hiroko Carlsson (AUS) - February 2020  
音樂: Flames - R3HAB, ZAYN & Jungleboi



(Intro: 16 counts)

## [S1] Touch, Rumba Box, 1/2R Turning Shuffle, 3/4L Run

- 1            Touch forward on R
- 2&3        Step R to right, Step L next to R, Step forward on L
- 4&5        Step L to left, Step R next to L, Step back on L
- 6&7        Making a ½ turn right/ shuffle forward R-L-R (6:00)
- 8&1        3/4L circle run L-R-L (9:00)

## [S2] Rock Fwd-1/2R, 2x Syncopated Pivot 1/2R into Stretch, Recover-3/4L Side-Together

- 2&3        Rock forward on R, Recover weight on L, Make a ½ turn right stepping forward on R (3:00)
- 4&5&       Step forward on L, Make a ½ turn right recover weight on R, Step forward on L, Make a ½ turn right recover weight on R
- 6           Step/stretch forward on L
- 7&        Recover weight on R, Make a ½ turn left stepping forward on L (9:00)
- 8&        Make a ¼ turn left stepping R to the side, Step L together\*\* (6:00)

## [S3] Side, Sailor Step, 1/4R Sailor Fwd, Chase Turn 1/2R-Fwd-Chase Turn 1/2L-Fwd

- 1           Big step R to the side
- 2&3        Left sailor step (L behind-R side-L side)
- 4&5        Make a ¼ turn right stepping R behind L, Step L beside R, Step forward on R (9:00)
- 6&7        Step forward on L, Make a ½ turn right recover weight on R, Step forward on L
- 8&8        Step forward on R, Make a ½ turn left recover weight on L, Step forward on R (9:00)

## [S4] Cross, 1/4L Fall Away, Fwd, Slow Twist, Recover-Paddle Turn

- 1           Cross L over R
- 2&3        Make a 1/8 turn left stepping back on R, Step back on L, Step back on R
- 4&5        Make a 1/8 turn left stepping L to the side, Step forward on R, Step forward on L (6:00)
- 6 7        Twisting your body to 12:00 over 2 counts (making a ½ turn right slightly bend your knees)
- 8&8        Twist back (6:00)/weight recover on L, Step forward on R, Make a ¼ turn left recover weight on L (3:00)

Repeat

Restart on Wall 3 count 16 (12:00)\*\*

Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))  
(updated: 23/Feb/20)