

Flashin

拍數: 64 牆數: 1 級數: Improver
編舞者: Dr. Loretta J. Hall-Marti - April 2025
音樂: Flashing - Dial Tone the Producer
或: Flashlight - Parliament



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

PART 1: 16 COUNTS

SLOW BOUNCING WALKS FORWARD

1 2 3 4 Step forward on right, dip/bounce hip, step forward on left, dip/bounce hip
5 6 7 8 Step forward on right, dip/bounce hip, step forward on left, dip/bounce hip

SLOW BOUNCING WALKS BACK

1 2 3 4 Step backward on right, dip/bounce hip, step backward on left, dip/bounce hip
5 6 7 8 Step backward on right, dip/bounce hip, step backward on left, dip/bounce hip

PART 2: 16 COUNTS

SHUFFLE HALF TURN RIGHT, SHUFFLE HALF TURN LEFT

1 2 3 4 Shuffle forward RLR, step on left, make half turn right
5 6 7 8 Shuffle forward LRL, step on right, make half turn left to return to front

ROCK EASY HALF RIGHT TURN, ROCK EASY QUARTER LEFT TURN

1 2 Rock up on right, recover on left
3 4 Step back on right foot making half turn, recover on left to face the back
5 6 Rock back on right, recover on left
7 8 Make quarter turn left stepping right, left

REPEAT PART 2 TO END FACING THE BACK

PART 3: 16 COUNTS

OUT IN OUTS, KNEE LIFTS

1 2 3 4 Right foot out to side, in, out, lift right knee on 3, step on right on 4
5 6 7 8 Left foot out to side, in, out, lift left knee on 7, step on left on 8

REPEAT STEPS 1-8 ABOVE

PART 4: 16 COUNTS

BACKWARD OUT INS

1 2 3 4 Step back (going backwards) on right out then in, step back on left out then in
5 6 7 8 Step back (going backwards) on right out then in, step back on left out then in

BOUNCING LEFT HALF TURN, OUT INS TO END FACING FRONT

1 2 3 4 Still facing back, cross right in front of left, then make half turn to left bouncing on feet in position
5 6 7 8 Step right foot out, in, step left foot out, in

REPEAT ENTIRE DANCE UNTIL MUSIC ENDS

Submitted by: Bonnie Berns - Email: yaelchina@yahoo.com

