Flash Dance

拍數: 32

級數: Absolute Beginner

編舞者: Richard Rogers (USA) - July 2025

音樂: Flashdance...What a Feeling - Irene Cara

Intro : I shortened the intro to 24 counts. Let me know if you want a copy of the shortened song. NO TAGS; NO RESTARTS

S1: -- 3x Walks fwd, Kick, 3x Walks back, touch

- 1,2,3,4 Step fwd on R, Step fwd on L, Step fwd on R, Kick L foot fwd
- 5,6,7,8 Step back on L, Step back on R, Step back on L, touch R beside L.

S2: -- K Step with Double Claps

- RF step forward diagonal R, LF touch next to RF and clap 1-2
- 3-4 LF step back diagonal L, RF touch next to LF and clap X2 (&4)
- 5-6 RF step back diagonal R, LF touch next to RF and clap
- 7-8 LF step forward diagonal L, RF touch next to LF and clap X2 (&8)

S3: -- 1/4 Jazz Box Turning R, V Step

- 1-2-3-4 Cross R over L, 1/4 R Step L Back, Step R to R, Step L Together (3:00)
- RF step forward onto right diagonal (45 deg), LF step forward on left diagonal (45 deg) 5-6
- 7-8 RF step back to center, LF step next to RF

S4: -- Right Side Mambo, Left Side Mambo

- 1,2,3,4 Rock R to R (1), Step L in place (2), Step R next to L (3), Hold (4)
- 5,6,7,8 Rock L to L (5), Step R in place (6), Step L next to R (7), Hold (8) (3:00)

Repeat Facing New Wall Rprogers5@aol.com





牆數: 4