White Flag



拍數: 32 編數: 4 級數: Intermediate

編舞者: Alison J. Austerberry (UK)

音樂: White Flag - Dido



SKATE, SKATE, SHUFFLE, SKATE, SKATE, SHUFFLE

1-2	Skate forward diagonally right, skate forward diagonally left
3&4	Step forward right diagonally, close left beside right, step forward right

5-6 Skate forward diagonally left, skate forward diagonally right

7&8 Step forward left diagonally, close right beside left, step forward left

SLIDE STEPS RIGHT AND LEFT, SWAY 1/8 TURN, SWAY 1/8 TURN

9-10	Large step right to right side, slide left up next to right without weight
11-12	Large step left to left side, slide right up to next to left without weight
13-14	Step 1/8 turn left on ball of left foot, swaying hips to right
15-16	Step 1/8 turn left on ball of left foot, swaying hips to right

MAMBO ROCK, ROCK RECOVER, CROSS SHUFFLE, MAMBO ROCK

17&18	Mambo rock forward on right, rock back on left, step back on right
19-20	Rock left to left side, recover on right
21&22	Cross left over right, step right to right side, cross left over right
23&24	Mambo rock right to right side, rock onto left, step right next to left

MAMBO ROCK, SIDE CLOSE SIDE, RIGHT SAILOR STEP, LEFT SAILOR STEP

25&26	Mambo rock back on left, rock back on right, touch left next to right
27&28	Step left to left side, close right next to left, step left to left side
29&30	Sailor step right behind left, step on left, step on right
31&32	Sailor step left behind right, step on right, step on left

REPEAT

When dancing to White Flag there are optional arm movements during the dance; waving arms in a flag motion, and holding up in surrender position. They will be obvious from the words of the song.