

FLASHBACK

Choreographers: Jeni Roution and Mandy Book

Dance: 32 count, 4 wall - beginner/intermediate dance

Music: I hate to put any music down for this - because it goes to so many different types and styles of songs - I have listed just a few below - *by 12/1*

Huey Lewis: "Sometimes bad is bad" LeeAnn Womak: "Ashes ~~to~~"

Huey Lewis: "It's all right" Micheal Jackson: "The way you make me feel"

Jennyfer Paige "Crush"

Right toe touch (split weight), recover left, lock step forward, side rock cross, 1/2 turn sweep to left

- 1 touch R foot forward - splitting weight (lean into R foot)
- 2 return weight to the L (push off with R foot)
- 3&4 locking step forward (R - L - R)
- 5 rock side L
- & take weight on R foot
- 6 cross L foot in front of R - take weight on L
- 7 sweep R foot with 1/2 turn over L shoulder (facing back wall)
- 8 end sweep *with R foot in front* but keep weight on L

Repeat first 8 counts but full sweeping turn on count 7

- 1 touch R foot forward - splitting weight (lean into R foot)
- 2 return weight to the L (push off with R foot)
- 3&4 locking step forward (R - L - R)
- 5 rock side L
- & take weight on R foot
- 6 cross L foot in front of R- take weight on L
- 7 sweep R foot with full turn over L shoulder
- 8 end sweep with R foot *to the side*

Right sailor step, cross left over right, unwind 3/4 turn to R, kick R - step back on right, shift weight back

- 1&2 sailor step (R-L-R)
- 3 cross L foot over R
- 4 unwind 3/4 turn over R shoulder - putting weight onto L foot
- 5 kick R foot forward
- 6 step back onto R foot
- 7 shift weight forward to L foot
- 8 shift weight back onto R foot

****choreographers' note - on weight shifts (7-8) - throw head forward on 7 and back on 8 for added attitude**

Kick & cross series with 1/4 turn right and hitch turn 1/4 right

- 1&2 kick and cross (kick with L foot, cross over R, point R toe to side)
- 3&4 kick and cross (kick with R foot, cross over L, 1/4 turn and point L to side)
- 5&6 kick and cross, (kick L, cross L over R, point R toe to side)
- 7 8 hitch right foot behind L knee and make 1/4 turn over R shoulder

Begin again - **HAVE FUN!!**