

Flip It

Count: 32

Wall: 4

Level: Absolute Beginner



Choreographer: Alison Metelnick (UK) & Peter Metelnick (UK) - June 2022

Music: She Had Me At Heads Carolina - Cole Swindell

133 bpm - ECS Binaire

Start after 16 count intro on verse vocals – approx. 12 secs – 135bpm – 3mins 26secs

Music Available: Amazon

[1-8] R fwd diagonal: step R to R diagonal, lock step L behind R, step R forward, brush L fwd, L fwd

diagonal: step L to L diagonal, lock step R behind L, step L forward, brush R fwd

1-4 On right diagonal step R forward, lock L behind R, step R forward, brush L fwd

5-8 On left diagonal step L forward, lock R behind L, step L forward, brush R fwd

[9-16] R fwd rock/recover, R strut back, walk back L, R, L, touch R next to L

1-2 Squaring up to wall: rock R forward, recover weight on L

3-4 Touch R toes back, step R heel down

5-8 Step L back, step R back, step L back, touch R next to L

[17-24] Grapevine R with back flick, grapevine L with ¼ L, R hitch

1-4 Step R side, cross step L behind R, step R side, flick L behind R

5-8 Step L side, cross step R behind L, turning ¼ left step L forward, hitch R knee up (9 o'clock)

[25-32] Walk back R, L, R, L, R rock back/recover, stomp R forward, stomp L together

1-4 Step R back, step L back, step R back, step L back

5-8 Rock R back, recover weight on L, stomp R forward, stomp L together

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