

Flip Side Shuffle

BEGINNER

40 Count

Choreographed by: Greg Underwood

Choreographed to: How To Dance by The Bingo Boys

ROCK FORWARD, ROCK RIGHT & STEP FORWARD, TWIST & TWIST TURNING 1/2 LEFT, HOLD, STEP TOGETHER & FORWARD RIGHT

- 1 - 2 Rock forward on the right foot. Step back on the left foot
& 3 Rock right on to the right foot, shift weight to the left foot
4 Step forward on the right foot
5 & On the balls of both feet, turn your body 1/4 turn to the left then turn 1/4 turn right
6 On the balls of both feet, turn your body 1/2 turn to the left. (weight on the right foot)
7 Hold for one count
& 8 Step the left foot next to the right and step forward on the right foot

ROCK FORWARD, ROCK LEFT & STEP FORWARD, TWIST & TWIST TURNING 1/2 RIGHT, HOLD, STEP TOGETHER & FORWARD LEFT

- 1 - 2 Rock forward on the left foot. Step back on the right foot
& 3 Rock left on to the left foot, shift weight to the right foot
4 Step forward on the left foot
5 & On the balls of both feet, turn your body 1/4 turn to the right then turn 1/4 turn left
6 On the balls of both feet, turn your body 1/2 turn to the right. (weight on the left foot)
7 Hold for one count
& 8 Step the right foot next to the left and step forward on the left foot

ROCK FORWARD AND SLIDE LEFT, ROCK FORWARD AND SLIDE RIGHT

- 1 Rock forward on the right foot
2 & Step back on the left foot, step together with the right foot
3 - 4 Step left with the left foot. Slide the right foot next to the left taking weight
5 Rock forward on the left foot
6 & Step back on the right foot, step together with the left foot
7 - 8 Step right with the right foot. Slide the left foot next to the right taking weight

STEP RIGHT, CROSS LEFT BEHIND TURN 1/4 LEFT, COASTER STEP (RIGHT-LEFT-RIGHT), TURN 1/4 RIGHT & STEP LEFT, CROSS RIGHT BEHIND TURN 1/4 RIGHT, COASTER (LEFT-RIGHT-LEFT)

- 1 Step right with the right foot
2 Cross the left foot behind the right foot turning 1/4 turn to the left
3 & 4 Step back on the right foot, step together with the left foot. Step forward on the right foot
5 Turn 1/4 right and step left with the left foot
6 Cross the right foot behind the left foot turning 1/4 turn to the right
7 & 8 Step back on the left foot, step together with the right foot. Step forward on the left foot

RIGHT--STEP FORWARD, HOLD, & FORWARD, & FORWARD, LEFT--STEP FORWARD, HOLD, & FORWARD, & FORWARD

- 1 - 2 Step forward on the right foot. Hold for one count
& 3 Step together with the left foot and step forward on the right foot
& 4 Step together with the left foot and step forward on the right foot
5 - 6 Step forward on the left foot. Hold for one count
& 7 Step together with the right foot and step forward on the left foot
& 8 Step together with the right foot and step forward on the left foot

REPEAT