



Script approved by

Stephen Sunter

Liverpool Fling

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	PART A Walk, Walk, Heel, Slap, Heel, Slap, Step, Step 1/2 Pivot, Back.		
1 - 2	Step forward right. Step forward left.	Right. Left.	Forward
3 &	Touch right heel forward. Hitch right & slap knee with right hand.	Heel Hitch	On the spot
4 &	Touch right heel forward. Hitch right & slap knee with right hand.	Heel Hitch	
5 - 6	Step down on right. Step forward left.	Right. Left.	Forward
7 - 8	Pivot 1/2 turn right, keeping weight back on left. Step back right.	Turn. Back.	Turning right
Section 2	Heel Twist 1/2 Turn, Back, Point & Bump, Forward, Side, Behind, Side.		
1 &	Twist heels left. Twist heels to centre.	Twist &	On the spot
2	Twist heels left making 1/2 turn right, weight stays on left.	Turn	Turning right
3 - 4	Step back right. Point left back pushing hips back.	Back Point	Back
5 - 6	Step forward left. Make 1/4 turn left stepping right to right side.	Step Turn	Turning left
7 - 8	Point left behind right. Step left to left side and slide right towards left.	Point Side	Left
Section 3	Right Kick & Cross, Bounce 1/2 Turn, x 2.		
1 & 2	Kick right forward across left. Step right to right side. Cross left over right.	Kick & Cross	Right
3 & 4	Bounce heels three times making 1/2 turn right. (Weight ends on left.)	Bounce & Turn	Turning right
5 & 6	Kick right forward across left. Step right to right side. Cross left over right.	Kick & Cross	Right
7 & 8	Bounce heels three times making 1/2 turn right. (Weight ends on left.)	Bounce & Turn	Turning right
Section 4	Back Cross Side x2, Back Cross Unwind 3/4 Right, Kick Ball Step.		
& 1 - 2	Step back right. Cross left over right. Step right to right side.	Back Cross Side	Right
& 3 - 4	Step back left. Cross right over left. Step left to left side.	Back Cross Side	Left
& 5 - 6	Step back right. Cross left over right. Unwind 3/4 turn right.	Back Cross Unwind	Turning right
7 & 8	Kick right forward. Step right beside left. Step forward left.	Kick Ball Step	Forward
Section 1	PART B Stomp, Flick, Step, Mash Potato Back, leading Right Then Left.		
1 & 2	Stomp right beside left. Flick right heel back to right. Step right slightly forward.	Stomp Flick Step	On the spot
& 3	Split heels apart. Bring heels in taking right back behind left.	Back Right	Back
& 4	Split heels apart. Bring heels in taking left back behind right (weight on right).	Back Left	
5 & 6	Stomp left beside right. Flick left heel back to left. Step left slightly forward.	Stomp Flick Step	On the spot
& 7	Split heels apart. Bring heels in taking left back behind right.	Back Left	Back
& 8	Split heels apart. Bring heels in taking right back behind left (weight on right).	Back Right	
Section 2	Back Rock 3/4 Turn, Dip Down, Together, Shoulders, Step 1/2 Pivot.		
1 - 2	Rock back on left. Rock forward onto right.	Back Rock	Back
3	Make 3/4 turn right on ball of right, stepping left beside right.	Turn	Turning right
4	Step right large step to right side crouching down.	Crouch	Right
5	Drag left to right as you stand up.	Drag	
& 6	Lift right shoulder and lower left. Lift left shoulder and lower right.	Right Left	On the spot
7 - 8	Step forward left. Make 1/2 turn right, keeping weight back on left.	Step Pivot	Turning right

Continued.

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STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 3	Step Back, Hand, Hip Bumps, Kick, Cross Shuffle.		
1 - 2	Step back right. Place right hand on hip (or click fingers)	Back Hip	Back
3 & 4	Bump hips - Forward, Back, Forward.	Bump & Bump	On the spot
& 5	Continue bumping hips - Back, Forward (weight ends back on right).	& Bump	
Note:-	While bumping hips dip down and finish standing up.		
6	Kick forward left.	Kick	
7 & 8	Cross left over right. Step back right. Cross left over right.	Cross Back Cross	Back
Section 4	Unwind 3/4 Right, Cross, Side, Touch Behind, 1/4 Turn, Full Turn Touch.		
1 - 2	Unwind 3/4 turn right. Cross left over right.	Unwind Cross	Turning right
3 - 4	Step right to right side. Touch left behind right.	Side Touch	Turning right
5	Step left 1/4 turn left.	Turn	
& 6	Hitch right knee starting full turn left. Point right to right side.	& Point	
& 7	Hitch right knee continuing turn left. Point right to right side.	& Point	
& 8	Hitch right knee completing full turn left. Point right to right side.	& Point	
Section 1	PART 'C' Stomp, Flick, Step, Mash Potato, Jump Back, Clap.		
1 & 2	Stomp right beside left. Flick right heel back to right. Step right slightly forward.	Stomp Flick Step	On the spot
& 3	Split heels apart. Bring heels in taking right back behind left.	Back Right	Back
& 4	Split heels apart. Bring heels in taking left back behind right (weight on right).	Back Left	
5 - 6	Step left large step back. Drag right beside left.	Back Drag	Back
& 7 - 8	Step right back and slight out to right. Step left out to left. Clap.	Out Out Clap	
Tag	Ronde 3/4 Turn Right, Step Back Right, Knee Pops.		
1	Sweep right around making 3/4 turn right.	Sweep	
2	Step back on right and pop left knee forward.	Pop	
3 - 4 &	Pop right knee. Pop left knee. Take weight onto left to start Part B.	Right Left &	

ADVANCED

Sequence:- A B C, A B C, A A, B (16 counts only) + Tag, B B.

4 Wall Phrased Line Dance:- 72 Counts. Advanced.

Choreographed by:- Stephen Sunter (UK) 2002.

Choreographed to:- 'One Night Stand' by Mis-Teeq (100bpm) (start on vocals).