



Flip, Flop & Fly EZ

48 Count, 4 Wall, Absolute Beginner

Choreographer: Val Saari (CA) Dec 2018

Choreographed to: Flip, Flop & Fly by Downchild Blues Band

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- Section 1** **TOE-STRUTS FWD (RL), HEEL-STRUTS FWD PIVOT 1/4 R (RL)**
1-2 Touch toes of RF forward (1:00), Step heel down
3-4 Touch toes of LF forward (11:00), Step heel down
5-6 Pivot forward 1/4 R on RF heel, Step toes down
7-8 Step LF beside R on LF heel, Step toes down
- Section 2** **MAMBO RIGHT, MAMBO LEFT**
1-4 RF Rock side right, LF recover, RF close together beside L & hold
5-8 LF Rock side left, RF recover, LF close together beside R & hold
- Section 3** **TOE-STRUTS FWD (RL), HEEL-STRUTS FWD PIVOT 1/4 R (RL)**
1-2 Touch toes of RF forward (1:00), Step heel down
3-4 Touch toes of LF forward (11:00), Step heel down
5-6 Pivot forward 1/4 R on RF heel, Step toes down
7-8 Step LF beside R on LF heel, Step toes down
- Section 4** **MAMBO RIGHT, MAMBO LEFT**
1-4 RF Rock side right, LF recover, RF close together beside L & hold
5-8 LF Rock side left, RF recover, LF close together beside R & hold
- Section 5** **HEEL SWITCHES (RL), SIDE POINTS (RL)**
1-2 Touch RF heel forward, Step RF beside L
3-4 Touch LF heel forward, Step LF beside R
5-6 Point RF to right side, Step RF beside L
7-8 Point LF to left side, Step LF beside R
- Section 6** **TRAVELLING SWIVELS WITH FINGER SNAPS RIGHT, LEFT**
1-4 Swivel both heels to right, both toes to right, both heels to right, Snap R fingers
5-8 Swivel both heels to left, both toes to left, both heels to left, Snap L fingers

REPEAT