

Flex

www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 4 Wall Intermediate Level Dance.

Choreographed by: Debbie Rushton (UK) May 2022

Choreographed to: Flex by Kali J

Intro: 16 Counts. Start at approx 9 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 1-2 3-4 &5-6 7 3&1	JAZZ BOX, CROSS, SIDE, TOUCH, ¾ UNWIND, STEP, MAMBO TOGETHER Cross right over left, step left back Step right to right, cross left over right Step right to right, touch left behind right, unwind ¾ turn left transferring weight onto left (3:00) Step right forward Rock left forward, recover weight onto right, step left beside right
SEC 2 2-3 4&5 6-7	ROCK, SWEEP, WEAVE, HIP, HIP, BEHIND, SWEEP Rock right forward, recover weight onto left sweeping right from front to back Step right behind left, step left to left, cross right over left Step left to left bumping hip left, bump right hip to right Step left behind right sweeping right from front to back
SEC 3 1-2-3 1&5 6-7 3&1	SLOW WEAVE, SCISSOR CROSS, ¾ REVERSE TURN, SHUFFLE Step right behind left, step left to left, cross right over left Step left to left, step right beside left, cross left over right Turn ¼ left step right back, turn ½ left step left forward (6:00) Step right forward, step left beside right, step right forward
SEC 4 2-3-4 &5 6-7 3&	ROCK, RECOVER, ROCK, BALL LOCK, ¾ UNWIND, CROSS, TOGETHER Rock left forward, recover weight onto right, rock left forward Step right forward, lock left behind right Unwind ¾ turn left transferring weight onto left over 2 counts (9:00) Cross right over left, step left beside right
Гад 1-2 3&4 5&6 &7-8	At the end of Walls 1 & 4 KICK, FLICK, CROSS, BACK, SIDE, POINT, FLICK, KICK, CROSS, ¼ BACK, SIDE Kick right to right diagonal, flick right back Cross right over left, step left back, step right to right Touch left to left diagonal, flick left back, kick left forward Cross left over right, turn ¼ left step right back, step left to left



SEC 2-4 Repeat SEC 1 3 more times