

# Flip It

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## 32 Count 4 Wall Absolute Beginner Level Dance. Choreographed by: Alison Biggs (UK) & Peter Metelnick (UK) Jun 2022 Choreographed to: She Had Me At Heads Caroline by Cole Swindell Intro: 16 Counts. Start at approx 12 secs.

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#### SEC 1 STEP LOCK STEP BRUSH, STEP LOCK STEP BRUSH

- 1-2 Step R forward to R diagonal, lock L behind R
- 3-4 Step R forward, brush L fwd
- 5-6 Step L forward to L diagonal, lock R behind L
- 7-8 Step L forward, brush R fwd

#### SEC 2 FWD ROCK/RECOVER, STRUT BACK, WALKS BACK, TOUCH

- 1-2 Squaring up to wall rock R forward, recover weight on L
- 3-4 Touch R toes back, step R heel down
- 5-6 Step L back, step R back
- 7-8 Step L back, touch R next to L

#### SEC 3 GRAPEVINE FLICK, GRAPEVINE ¼ HITCH

- 1-2 Step R side, cross step L behind R
- 3-4 Step R side, flick L behind R
- 5-6 Step L side, cross step R behind L
- 7-8 Turning <sup>1</sup>/<sub>4</sub> left step L forward, hitch R knee up (9:00)

### SEC 4 WALKS BACK, ROCK BACK/RECOVER, STOMP, STOMP

- 1-2 Step R back, step L back
- 3-4 Step R back, step L back
- 5-6 Rock R back, recover weight on L
- 7-8 Stomp R forward, stomp L together

