

Frisbee

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Mette Mørk – August 2019

Music: Frisbee – Laila Samuels

Intro: 16 count start on vocal

Rock right forward, recover left, shuffle back, Rock L back, Recover R, shuffle forward

- 1-2** Rock right foot forward, recover on left
- 3&4** Shuffle back (stepping right, left, right)
- 5-6** Rock left foot back, recover on right
- 7&8** Shuffle forward (stepping left, right, left)

Step point twice, , sailor step ,sailor step ¼ turn

- 1-2** Step right over left (point to left)
- 3-4** Step left over Right (point to right)
- 5&6** Step right behind left, step left to right side, step right in place
- 7&8** Turn ¼ left stepping left behind right, right step in place, step left next to right

Slide touch forward diagonally twice, slide touch back diagonally twice

- 1-2** slide right foot diagonally forward, touch left together
- 3-4** slide left foot diagonally forward, touch right together
- 5-6** slide right foot diagonally back, touch left together
- 7-8** slide left foot diagonally back, touch right together

Side rock right, coaster step, side rock left, coaster step

- 1-2** Rock to right side, recover to left
- 3&4** right coaster step back (step right back, left together, step right forward)
- 5-6** rock to left side, recover to right
- 7&8** Left coaster step back (step left back, right together; step left forward)

Tag after wall 5: 4 count. Sway your hips. (Right, left, right, left. (start over)

Dance ends after 24 count in wall 8

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=135330