

# Eternal Flame

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**Count:** 36      **Wall:** 4      **Level:** Improver

**Choreographer:** Tina Argyle (UK) - September 2022

**Music:** - The Bangles : (Album: The Best Of The Bangles - Single)

**Count In : 8 counts from start of track - start dancing just before lyrics**

**R Step Fwd. Mambo Fwd Step Back. Mambo Back.  $\frac{1}{4}$  Basic NC Step. Long Side Step. Behind, Side**

- 1,2&** Step fwd R. Rock L fwd recover weight onto R
- 3** Step back L
- 4&** Rock back R recover weight onto L
- 5,6&** Make  $\frac{1}{4}$  turn left taking long step R to right side, rock L behind R, recover weight onto R (9 o'clock)
- 7,8&** Take long step L to left side, cross R behind L, step L to left side

**Cross Rock Recover & Cross Rock Recover, Modified Sailor  $\frac{1}{4}$  Turn.Step  $\frac{1}{4}$  Turn. Cross Shuffle**

- 1,2&** Cross rock R over L recover, step R at side of L
- 3- 4** Cross rock L over R, recover weight onto R sweeping L anti-clockwise
- 5&6** Make  $\frac{1}{4}$  turn left stepping back L, step R next to L, step Fwd L
- 7&** Step fwd R, make  $\frac{1}{4}$  turn left onto L
- 8&1** Cross R over L, close L at side of R, cross R over L

**Scissor Step. Rumba Box Fwd, Sweep, Step Back With Sweep x 2**

- 2&3** Step L to left side, Close R at side of L, Cross L over R
- 4&5** Step R to right side, Close L at side of R, Step Fwd. R
- 6&7** Step L to left side, Close R at side of L, Step back L sweeping R clockwise
- 8** Step back R sweeping L anti-clockwise
- 1** Step back L sweeping R clockwise

**Modified Sailor  $\frac{1}{4}$  Turn.Step Fwd. L. R Mambo Fwd.L Coaster Step**

- 2&3** Make  $\frac{1}{4}$  turn right stepping back R, Step L at side of R, Step Fwd R

- 4 Step Fwd. L
- 5&6 Rock fwd R, recover weight onto L, Step back R
- 7&8 Step back L, Step back R ,Step Fwd. L

**Side Rock ¼ Turn. Step Fwd. Full Spiral Turn Left. Step Fwd. L**

- 1 - 2 Rock R to right side (for styling point L toe to left side as you rock) Make ¼ turn left onto L
- 3& Step R Fwd and slightly across L, Make full turn left on ball of R hooking L over R shin
- 4 Step Fwd. L

**(Alternative move for Spiral Turn, Step fwd. R, Hitch L knee, Step fwd L)**

**ReStarts**

**Walls 3 & 5 - Wall 3 you'll re start facing 12 o'clock - Wall 5 you'll re start facing 9 o'clock**

**Restart the dance by stepping forward R after the single L step Fwd - Count 4 of Section 4**

**Wall 4 - Wall 4 you'll re start facing 3 o'clock**

**Restart the dance on the R step Fwd. Of the Rumba Box - Count 5 of Section 3**

**The re starts are all one after the other on walls 3,4 & 5 - then you can sing your head off!! lol**