

# Flip Your Focus

LINEDANCE.COM

**Count:** 96

**Wall:** 1

**Level:** Intermediate Phrased

**Choreographer:** Rebecca Lee (MY) & Tim Johnson (UK) - April 2026

**Count In: 16 Counts, Start at approx. 7 secs**

**Notes: A, B, A\*, A, B, B**

**A: 32c**

**A[1-8] Step R, Point L side, front, side, heel twists, rock back, recover**

- 1-2** Step R forward (1) Touch L to left side (2)
- 3-4** Touch L in front of R (3) step L to left side (4)
- 5-6** Twist heels to the right as you bring right arm across body (ending with right hand level with left hip) (5) Twist heels to the left as you bring left arm across body (ending with left hand level with right hip) (6)
- 7-8** Rock weight back on L as you lean weight back, left arm comes up as you point left thumb over left shoulder \*(7) Step forward on R (8)

**\*\*on count 7, body will be angled to face 1:30, square up to the front on count 8 stepping on R\*\***

**A[9-16] L toe heel, R cross, L side knee twist, hold, R back, drag L**

- 1-2** Crossing L over right, Step L toe in front of R (1) Drop heel down as you take weight onto L (2)
- 3-4** Cross R over L (3) Touch L out to left side, with left knee facing out (4)
- &5-6** Turn L knee in (&) Turn L knee out, as you take weight on L (5) Hold (6)
- 7-8** Step R to right side (7) drag L up to R (8)

**A[17-24] & cross, L side, R heel step, L heel step, R heel touch**

- &1-2** Step L next to R (&) Cross R over L (1) Step L to left side (2)
- 3-4** Touch R heel forward (3) Step R down (4)
- 5-6** Touch L heel forward (5) Step L down (6)
- 7-8** Touch R heel forward (7) Touch R next to L (8)

**A[25-32] Out out, hold, arms out, hold, arms - cross, open, up, twist**

- &1-2** Travelling backwards, step R to right side (&) step L to left side (1) Hold (2)
- 3-4** With palms facing up and elbows tucked at waist height, hold both arms in front of you (3) Hold (4)
- 5-6** Turning hands over (palms facing down) cross your forearms in front of you, right over left (5) uncross to bring your arm back to facing forward (6)
- 7-8** Bending at the elbow, bring both arms up level with your head & palms facing forward (7) Bringing weight onto L, twist heels  $\frac{1}{4}$  turn left, as you drop your left arm and bring your right arm up to a salute position (as if you're "focusing" for something in the distance) (8) \*  
-end facing 3 o'clock-

**\*When doing section A into A (2nd time you do A in the dance) on count 32 don't do the heel twist or salute. Instead, take weight onto left as you point both index fingers down and stay facing 12\***

**B: 64c**

**B[1-8] Walk R, L, R, L, R, Hold, switch arms,  $\frac{1}{2}$  turn**

- 1-2** Keeping right arm up, walk forward R (1) Walk forward L (2)
- 3-4** Keeping right arm up, walk forward R (3) Walk forward L (4)
- 5-6** Keeping right arm up, walk forward R (5) Hold (6)
- 7-8** Keeping body and feet still, drop right arm down as you bring left arm up (palms face down, and left arm should come up to eye level, ready to replace right) (7) Making a  $\frac{1}{2}$  turn left, twist heel to the right taking weight onto R (left hand should now be in the salute position, ready to travel towards 9 o'clock) (8) -end facing 9-

**B[9-16] Walk L, R, L, R, L, Hold, Arm out,  $\frac{1}{4}$  turn**

- 1-2** Keeping left arm up, Walk forward L (1), Walk forward R (2)
- 3-4** Keeping left arm up, Walk forward L (3), Walk forward R (4)
- 5-6** Keeping left arm up, Walk forward L (5), Hold (6)
- 7-8** Drop left hand & extend right arm out in front of you, palm facing forward (7) Keeping weight on L and arm out in front, make a  $\frac{1}{4}$  turn right leading with your extended arm (8) - end facing 12-

**B[17-24] Back, R, L, R, L, R, hold, arm up, swivel heel toe**

- 1-2** Keeping right arm up, step back on R (1) step back on L (2)

- 3-4 Keeping right arm up, step back on R (3) step back on L (4)
- 5-6 Keeping right arm up, step R next to L (5) hold (6)
- 7-8 Extend left arm out to next to right, palm facing out (7) With weight on L toe and R heel, twist both feet to the right as you open arm out to each side (8)

**\*You should end with feet facing 3, right arm out to right side and left arm out to left side\***

**\*\*option on counts 1-5 is to walk back with straight legs, no bend in the knees\*\***

**B[25-32] Centre, right arm in, left arm in, palms down, R forward, rotate arms, twist, salute**

- 1-2 Twist feet back to centre, as you bring arms back to centre (arms out in front at chest height with palms facing forward) (1) Keeping body still, bring right arm in at chest height (elbow tucked in palms remaining facing forward) (2)
- 3-4 Keeping body still, bring left arm in at chest height (elbow tucked in palms remaining facing forward) (3) Push both elbows back as you drop palms to waist height, palms facing down (4)
- 5-6 Keeping arms in place, step R forward (5) Keeping body still, rotate arms  $\frac{1}{4}$  turn left. Left hand should now be at base of spine, right hand above pelvis (6)
- 7-8 Keeping arms still, make a  $\frac{1}{2}$  turn left taking weight onto L (arms should end up by your sides after you've turned) (7) Touch R next to L as you drop left arm and bring right arm back to the salute position (8) -end facing 6-

**B[33 -40] Walk R, L, R, L, R, Hold, switch arms,  $\frac{1}{2}$  turn**

- 1-2 Making a  $\frac{1}{4}$  turn right & keeping right arm up from section A, walk forward R (1) Walk forward L (2) -end facing 9 o'clock -
- 3-4 Keeping right arm up from section A, walk forward R (3) Walk forward L (4)
- 5-6 Keeping right arm up from section A, walk forward R (5) Hold (6)
- 7-8 Keeping body and feet still, drop right arm down as you bring left arm up (palms face down, and left arm should come up to eye level, ready to replace right) (7) Making a  $\frac{1}{2}$  turn left, twist heel to the right taking weight onto R (left hand should now be in the salute position, ready to travel towards 9 o'clock) (8) -end facing 3-

**B[41 -48] Walk L, R, L, R, L, Hold, Arm out,  $\frac{1}{4}$  turn**

- 1-2 Keeping left arm up, Walk forward L (1), Walk forward R (2)

- 3-4 Keeping left arm up, Walk forward L (3), Walk forward R (4)
- 5-6 Keeping left arm up, Walk forward L (5), Hold (6)
- 7-8 Drop left hand & extend right arm out in front of you, palm facing forward (7) Keeping weight on L and arm out in front, making a ¼ turn right leading with your extended arm (8) - end facing 6-

**B[49 - 56] Back, R, L, R, L, R, hold, arm up, swivel heel toe**

- 1-2 Keeping right arm up, step back on R (1) step back on L (2)
- 3-4 Keeping right arm up, step back on R (3) step back on L (4)
- 5-6 Keeping right arm up, step R next to L (5) hold (6)
- 7-8 Extend left arm out to next to right, palm facing out (7) With weight on L toe and R heel, twist both feet to the right as you open arm out to each side (8)

**\*you should end with feet facing 9, right arm out to right side and left arm out to left side\***

**\*\*option on counts 1-5 is to walk back with straight legs, no bend in the knees\*\***

**B[57-64] Centre, right arm in, left arm in, palms down, R forward, rotate arms, twist, salute**

- 1-2 Twist feet back to centre, as you bring arms back to centre (arms out in front at chest height with palms facing forward) (1) Keeping body still, bring right arm in at chest height (elbow tucked in palms remaining facing forward) (2)
- 3-4 Keeping body still, bring left arm in at chest height (elbow tucked in palms remaining facing forward) (3) Push both elbows back as you drop palms to waist height, palms facing down (4)
- 5-6 Keeping arms in place, step R forward (5) Keeping body still, rotate arms ¼ turn left. Left hand should now be at base of spine, right hand above pelvis (6)
- 7-8 Keeping arms still, make a ½ turn left taking weight onto L (arms should end up by your sides after you've turned) (7) Touch R next to L and drop arms (8)

**- end facing 12 :00 -**

**\*When doing section B into B (2nd time you do B in the dance) on count 64 bring back your salute (same as count 32). Start the last B making the ¼ turn right traveling to 3 o'clock (same as count 33).**

**Ending - The last B will end after 32 counts on the word "Focus" you would have just made a ½ turn onto your L to 6 o'clock, rather than touching the R next to L, make a ½ turn right taking weight back onto R as you bring your right hand up to salute.**

**End of dance, Smile and enjoy ☐**

---

Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=N74ZQHY](https://www.linedance.com/index.php?f=dance_view&id=N74ZQHY)