

FLING IT UP

LINEDANCE.COM

Count: 48 **Wall:** 4 **Level:** Intermediate level

Choreographer: Annette Latimer (UK) Aug 07

Music: Bumper Buffet by Krosfyah (Album: Fire Proof)

16 count intro R SIDE, L BEHIND, L HEEL JACK & CROSS, 2 X ¼ TURN R, L SHUFFLE FRWD.

- 1-2** Step right to right side, step left behind right.
- &3&4** Step diagonally back on right foot, touch left heel diagonally forward, step left beside right, cross right over left.
- 5-6** Step left to left side making ¼ turn right, make ¼ turn right stepping right to right side (6 o'clock)
- 7&8** Left shuffle forward.

R STEP WITH HIP BUMPS, L STEP WITH HIP BUMPS, 2X STEP FORWARD, 2X STEP BACK.

- 1&2** Step right foot forward on right diagonal bump hips forward, back, forward taking weight on right.
- 3&4** Repeat 1-2 with left foot weight ends on left.
- 5-6** Step right forward on right diagonal, step left forward on left diagonal.
- 7-8** Step back right, left bringing feet together.

FULL PADDLE TURN LEFT, SIDE BACK ROCK RIGHT, LEFT.

- 1-2** On ball of left make ¼ turn left, point right toe to right side, repeat (6 o'clock)
- 3-4** Repeat steps 1-2 to complete full paddle turn left (6 o'clock)
- &5** Hitch right knee, take big step to right side, slide left towards right.
- 6&** Rock back on left, rock forward onto right.
- 7-8&** Step left big step to left side, slide right towards left, rock back on right, rock forward onto left.

FULL PADDLE TURN RIGHT, SIDE BACK ROCK LEFT, RIGHT.

- 1** Step right to right side making ¼ turn right,
- 2** On ball of right make ¼ turn right point left toe to left side.

- 3-4** On ball of right make $\frac{1}{4}$ turn right pointing left toe to left side, repeat.
- &5** Hitch left knee, take big step to left side, slide right towards left.
- 6&** Rock back on right, rock forward onto left.
- 7-8&** Step right big step to right side, slide left towards right, rock back on left, rock forward onto right.

L SIDE, BEHIND, $\frac{1}{4}$ TURN LEFT, $\frac{1}{2}$ PIVOT LEFT, KICK BALL OUT OUT, HOLD, FEET TOGETHER R, L

- 1&2** Step left to left side, step right behind left, step left $\frac{1}{4}$ turn left.
- 3-4** Step forward on right, $\frac{1}{2}$ pivot turn left.
- 5&6** Kick right forward, step right to right side, step left to left side.
- 7** Hold.
- &8** Step right in place, step left beside right.

WALK R, L, JUMP OUT OUT, IN IN, R ROCK, $\frac{1}{2}$ TURN R, STEP L.

- 1-2** Walk forward right, left.
- &3** Jump feet apart right, left.
- &4** Jump feet together right, left.
- 5-6** Rock forward on right, rock back onto left.
- 7-8** On ball of left make $\frac{1}{2}$ turn right, stepping forward on right, step forward left.