Flex

Count: 32 **Wall:** 4 **Level:** Beginner
Choreographer: Sherry Barrett (USA) - April 2023
Music: Flex - Cupid

[1-8] R POINT, TOUCH, SIDE, TOGETHER, L POINT, TOUCH, SIDE, TOGETHER

1-4	Touch R Toe Side R, Touch R Together, Step R Side R, Slide L Together
5-8	Touch L Toe Side L, Touch L Together, Step L Side L, Slide R Together

[9-16] KICK AND KICK AND STEP TURN 1/4L, KICK AND KICK AND STEP TURN1/4L

1&2&	Kick R Forward, Step R, Kick L Forward, Step L
3-4	Step R Forward, Turn 1/4l Shifting Weight To L
5&6&	Kick R Forward, Step R, Kick L Forward, Step L,
7-8	Step R Forward, Turn 1/4l Shifting Weight To L

[17-24] BUMP HIPS RR, LL, R, L, R, L

1-4	Bumps Hips Side R Twice, Bump Hips Side Left Twice
4-8	Bump Hips Side R, Side L, Side R, Side L

[25-32] HOP BACK, HOLD, HOP BACK, HOLD, PUSH TURN 1/4L

&1-2	Hop Backward R Then L, Hold
&3-4	Hop Backward R Then L, Hold
5-8	L Ball Of Foot Remains On The Floor As The R Ball Of Foot Touches 4 Times To Push Around 1/4l

***Step sheet created by Sherry Barrett**
as danced at the Cotton Eyed Joe in Knoxville, TN www.sherrybarrettart.com -sherrybarrett8@gmail.com

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