



# Liverpool Fling

72 count Advanced

Choreographer Stephen Sunter (UK) 2002

Choreographed to: "One Night Stand" by Mis-Teeq

Sequence: A B C, A B C, A A, B (16 counts only) + Tag, B B

Intro: Start on Vokal

| A              |  |      |
|----------------|--|------|
| <b>1 – 8</b>   | <b>Walk, Walk, Heel Slap, Heel Slap, Step, Step<sup>1</sup>/<sub>2</sub>, Back</b>                   |      |
| 1 2            | Step forward right. Step forward left.   | 1200 |
| 3 &            | Touch right heel forward. Hitch right & slap knee with right hand                                    | 1200 |
| 4 &            | Touch right heel forward. Hitch right & slap knee with right hand                                    | 1200 |
| 5 6            | Step down on right. Step forward left  | 1200 |
| 7 8            | 1/2 turn right, keeping weight back on left. Step back right   | 0600 |
| <b>9 – 17</b>  | <b>Heel Twist <sup>1</sup>/<sub>2</sub> Turn, Back, Point &amp; Bump, Forward, Side Behind, Side</b> |      |
| 1 &            | Twist heels left. Twist heels to centre  | 0600 |
| 2              | Twist heels left making 1/2 turn right, weight stays on left   | 1200 |
| 3 4            | Step back right. Point left back pushing hips back   | 1200 |
| 5 6            | Step forward left. Make 1/4 turn left stepping right to right side                                   | 0900 |
| 7 8            | Point left behind right. Step left to left side and slide right towards left                         | 0900 |
| <b>18 - 25</b> | <b>Right Kick &amp; Cross, Bounce <sup>1</sup>/<sub>2</sub> Turn X 2</b>                             |      |
| 1 & 2          | Kick right forward across left. Step right to right side. Cross left over right.                     | 0900 |
| 3 & 4          | Bounce heels three times making 1/2 turn right. (Weight ends on left.)                               | 0300 |
| 5 & 6          | Kick right forward across left. Step right to right side. Cross left over right                      | 0300 |
| 7 & 8          | Bounce heels three times making 1/2 turn right. (Weight ends on left.)                               | 0900 |
| <b>26 - 32</b> | <b>Back Cross Side x 2, back cross unwind <sup>3</sup>/<sub>4</sub> Right, Kick Ball Step</b>        |      |
| & 1 2          | Step back right. Cross left over right. Step right to right side                                     | 0900 |
| & 3 4          | Step back left. Cross right over left. Step left to left side  | 0900 |
| & 5 6          | Step back right. Cross left over right. Unwind 3/4 turn right  | 0600 |
| 7 & 8          | Kick right forward. Step right beside left. Step forward left  | 0600 |

Del B og C næste side.

## Liverpool Fling (del B)

| B              |   |      |
|----------------|---|------|
| <b>1 - 8</b>   | <b>Stomp, Flick, Step, Mash Potato Back, Leading Right, Then Left</b>   |      |
| 1 & 2          | Stomp right beside left. Flick right heel back to right. Step right slightly forward                                    | 0600 |
| & 3            | Split heels apart. Bring heels in taking right back behind left   | 0600 |
| & 4            | Split heels apart. Bring heels in taking left back behind right (weight on right)                                       | 0600 |
| 5 & 6          | Stomp left beside right. Flick left heel back to left. Step left slightly forward..                                     | 0600 |
| & 7            | Split heels apart. Bring heels in taking left back behind right.  | 0600 |
| & 8            | Split heels apart. Bring heels in taking right back behind left (weight on right).                                      | 0600 |
| <b>9 - 16</b>  | <b>Back Rock <math>\frac{3}{4}</math> Turn, Dip Down, Together, Shoulders Step <math>\frac{1}{2}</math> Turn</b>        |      |
| 1 - 2          | Rock back on left. Rock forward onto right.   | 0600 |
| 3              | Make $\frac{3}{4}$ turn right on ball of right, stepping left beside right.   | 0300 |
| 4              | Step right large step to right side crouching down.   | 0300 |
| 5              | Drag left to right as you stand up.   | 0300 |
| & 6            | Lift right shoulder and lower left. Lift left shoulder and lower right.   | 0300 |
| 7 8            | Step forward left. Make $\frac{1}{2}$ turn right, keeping weight back on left.  | 0900 |
| <b>17 - 24</b> | <b>Step Back, Hand, Hip Bumps, Cross Shuffle</b>  |      |
| 1 2            | Step back right. Place right hand on hip (or click fingers)   | 0900 |
| 3 & 4          | Bump hips - Forward, Back, Forward.   | 0900 |
| & 5            | Continue bumping hips - Back, Forward (weight ends back on right).  | 0900 |
|                | Note:- While bumping hips dip down and finish standing up.  |      |
| 6              | Kick forward left.  | 0900 |
| 7 & 8          | Cross left over right. Step back right. Cross left over right.  | 0900 |
| <b>25 - 32</b> | <b>Unwind <math>\frac{3}{4}</math> Right, Cross, Side, Touch Behind, <math>\frac{1}{4}</math> Turn, Full Turn Point</b> |      |
| 1 - 2          | Unwind $\frac{3}{4}$ turn right. Cross left over right.   | 0600 |
| 3 - 4          | Step right to right side. Touch left behind right.  | 0600 |
| 5              | Step left $\frac{1}{4}$ turn left.  | 0300 |
| & 6            | Hitch right knee starting full turn left. Point right to right side.  | 1100 |
| & 7            | Hitch right knee continuing turn left. Point right to right side.   | 0700 |
| & 8            | Hitch right knee completing full turn left. Point right to right side.  | 0300 |

## Liverpool Fling (del C)

|              |   |      |
|--------------|---|------|
| <b>7 - 8</b> | <b>Stomp, Flick, Step, Mash Potato, Jump Back, Clap</b>                               |      |
| 1 - 2        | Stomp right beside left. Flick right heel back to right. Step right slightly forward. | 0300 |
| & 3          | Split heels apart. Bring heels in taking right back behind left.                      | 0300 |
| & 4          | Split heels apart. Bring heels in taking left back behind right (weight on right).    | 0300 |
| 5 6          | Step left large step back. Drag right beside left.                                    | 0300 |
| & 7 8        | Step right back and slight out to right. Step left out to left. Clap.                 | 0300 |
| <b>TAG</b>   | <b>Ronde <math>\frac{3}{4}</math> Turn Right, Step Back Right, Knee Pops</b>          |      |
| 1            | Sweep right around making $\frac{3}{4}$ turn right.                                   |      |
| 2            | Step back on right and pop left knee forward.   |      |
| 3 4 &        | Pop right knee. Pop left knee. Take weight onto left to start Part B.                 |      |