

### 13. FLIP FLOPS – LEADER

Commence in CP, F DW										
STEP	FOOT POSITION	DANCE POS	ALIGNMENT	TURN	RISE AND FALL	FW	CT	SWAY	CBM	SUMMARY
1	LF forward	CP	F DW	Com to turn R on 1	Com to rise e/o 1	HT	1	S	Slight	<b>1<sup>st</sup> Meas:</b> Right turning Twinkle to OPP
2	RF diagonally forward	Prep OPP	F W	1/8 turn R btw 1 and 2	Cont to rise on 2	T	2	S	Nil	
3	LF diagonally forward, L side leading	OPP	F DW	1/8 turn L btw 2 and 3	Up on 3, lower e/o 3	TH	3	S	Nil	
4	RF forward in CBMP	OPP	F W	1/8 turn R btw 3 and 4	Com to rise e/o 4	HT	1	S	4	<b>2<sup>nd</sup> Meas:</b> Leader's passing right turn from OPP to OCPP
5	LF side and slightly back	FacP	B DW	3/8 turn R btw 4 and 5	Cont to rise on 5	T	2	S	Nil	
6	RF side and slightly forward	OCPP	P LOD	3/8 turn R btw 5 and 6, BTL	Up on 6, lower e/o 6	TH	3	S	Nil	
7	LF forward in CBMP	OCPP	F LOD	Nil on 7	Com to rise e/o 7	HT	1	S	Nil	<b>3<sup>rd</sup> Meas:</b> Follower's passing right turn from OCPP to OPP
8	RF forward	FacP	F LOD	Slight body turn R on 8	Cont to rise on 8	T	2	S	Nil	
9	LF diagonally forward, L side leading	OPP	P DC, body F LOD	1/8 turn L btw 8 and 9, BTL	Up on 9, lower e/o 9	TH	3	S	Nil	
10	RF forward in CBMP	OPP	P DC, body F LOD	Nil on 10	Com to rise e/o 10	HT	1	S	Nil	<b>4<sup>th</sup> Meas:</b> Continuity ending
11	LF diagonally forward	Prep ROP	F DC	Nil on 11	Cont to rise on 11	T	2	R	Nil	
12	RF forward in CBMP	ROP	F DC	Slight body turn L on 12	Up on 12, lower e/o 12	TH	3	R	Nil	

**Lead:** Release hold of Follower's R hand on step 2. Place L hand on Follower's R shoulder blade on step 5, releasing R hand from Follower's L shoulder blade at end of step 5. Place R hand on Follower's L shoulder blade on step 8, releasing L hand from Follower's R shoulder blade at end of step 8. Regain normal hold on 11.