

Flip, Flop and Bop

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RECORD: "Flip, Flop and Bop" by Floyd Cramer from
"The Essential Floyd Cramer" 2:15 at download

FOOTWORK: Opposite, except where noted

SEQUENCE: INTRO, A, B, B, Int, C, Int, C, Int mod, A ENDING

SPEED: 10% or to suit

PHASE: V

RHYTHM: Jive

INTRO

1 – 4 ABOUT 4 FT APT WAIT;; STRUT TOG 4;;
1] 4-6 ft apt wt 2 meas;; strut tog 4 slw L,-,R,-; L,-,R,-;



A

1 – 4 CHASSE L & R; CHG R-L;;, CHG HND BHD BK;;
chasse L & R] sd L/cl R, sd L, sd R/cl L, sd R; *chg R-L*] Rk bk L, rec R, sd L/cl R, sd L trng 1/4 LF to fc LOD (rk bk L, rec L, fwd L/cl L, fwd R trng 3/4 RF undr jnd ld hnds); sd and fwd R/cl L, sd R, *chg hnd bhd bk*] rk apt L, rec R; fwd L stg 1/4 LF trn plcg R hnd ovr ptr R hnd/cl R plcg L hnd bhn bk; sd R taking ptrs R hnd in his L cont LF trn L/cl L, sd R to fc ptr and COH(rk apt R, rec L, stg RF trn fwd R/cl L, fwd R; sd and bk L finishing RF trn.cl R, sd L);

5 – 10 CHG L-R;;, AMER SPIN;;, CHG HND BHD BK;;, WINDMILL;;
chg L-R] rk bk L, rec R, sd L/cl R, sd L; trng 1/4 RF sd R/cl L, sd R (rk apt R, rec L, fwd R/cl L, fwd R trng 3/4 LF undr jnd ld hnd; sd L/cl R, sd L), *amer spin*] rk bk L, rec R; sd L/cl R, sd L, sd R/cl L, sd R (rk bk R, rec L; sd, R/cl L, sd R spinning RF one full trn; sd L/cl R, sd L); *chg hnd bhd bk*] repeat meas 3 1/2-4 part A;;, *windmill*] Rk apt L, rec R stg LF trn; fwd L/cl R, fwd L trng 1/4 LF, cont LF trn sd R/cl L, sd R trng 1/4 LF;

11 -12 R TRNG FALWY w/ GLIDE;;
R trng falwy w/ glide] Rk bk L, rec R, trng RF sd L/ cl R, sd L having completed 1/2 a rotation to fc WLL; sd R, XLif, sd R/cl L/ sd R;

B

1 – 6 FLICKS INTO BREAKS;;;; THRWY to hndshk;
flicks into breaks] SCP rk bk L, rec R, pt L, stp fwd L; pt R thru, stp fwd R, pt L, stp fwd L; kck thru R, stp sd R, kck thru L, stp sd L; kick thru R, stp sd R, kick thru L, stp sd L; stp fwd R, -, - /rec on ball of L, fwd R; *thrwly*] sd L/cl R, sd L trng 1/4 LF(sd R/cl L, sd R trng LF in frnt of M), sd R/cl L, sd to hndshk;

7 – 12 TRIPPLE WHEEL;;, LINK & WHIP TURN;;, LINK RK;;
trpl whl] Rk apt L, rec R, stg RF wheel sd L/cl R, sd L tchg ptr bk with L hnd; cont RF wheel sd R/cl L, sd R trng away from ptr, cont RF wheel sd L/cl R, sd L trng twd ptr tchg her bk w/ M's L hnd; ldg W to spin RF sd R/cl L, sd R (Rk apt R, rec L, stg RF wheel sd R/cl L, sd R trng away from prt; cont RF wheel sd L/cl R, sd L trng twd ptr and tch his bk with L hnd, cont RF wheel sd R/cl L, sd R; spng RF to fc ptr sd L/cl R, sd L) to fc COH,

Flip, Flop and Bop continued

link & whp trn] Rk apt L, rec R; fwd L/cl R, fwd L, XRib stg RF trn, sd L cont trng; chasse R/cl L, sd R fin 1 full R trn (fwd L twd M R sd stg RF trn, fwd R btw ptr ft cont RF trn; chasse sd L/cl R, sd L to end fcg ptr); *link rk*] rk apt L, rec R; fwd L/cl R, fwd L, trng RF sd R, cl L, sd R to fc WLL;

REPEAT PART B

INTERLUDE

1 – 4 DOUBLE ROCK; PRETZEL TURN; DOUBLE ROCK; UNWRAP;

SCP rk bk L, rec R, rk bk L, rec R; *preztl trn*] rk bk L, rec R to fc ptr, sd L/cl R, sd L trng 1/2 RF keeping ld hnds jnd; sd R/cl L, sd R trng 1/4 RF to sd by sd pos ld hnds still jnd bhn bk, *doubl rk*] with ld hnd jnd bhd bk fk fwd L, rec R, rk fwd L, rec R trng ¼ LF; *unwrp*] sd L/cl R, sd L trng 1/2 LF to fc ptr ld hnds still jnd, sd R/cl L, sd R;

C

1 – 8 MOOCH;;;;; WINDMILL TWICE;;;:

mooch] rk bk L, rec R, kck L, cl L; kck R, cl R, rk bk L, rec R; sd L/cl R, sd L to L 1/2 op, rk bk R, rec L; kck R, cl R, kck L, cl L; rk bk R, rec L to fc, sd R/lc L, sd R to BFLY: *windmill*] Rk apt L, rec R stg LF trn, fwd L/cl R, fwd L trng 1/4 LF; cont LF trn sd R/cl L, sd R trng 1/4 LF, *windmill*] repeat meas 6-6½ part C,;

REPEAT INTERLUDE

REPEAT PART C

INTERLUDE MOD

1 – 4 PRETZEL TURN;;; DOUBLE ROCK;

preztl trn] rk bk L, rec R to fc ptr, sd L/cl R, sd L trng 1/2 RF keeping ld hnds jnd; sd R/cl L, sd R trng 1/4 RF to sd by sd pos ld hnds still jnd bhn bk, rk fwd L, rec R trng 1/4 LF; sd L/cl R, sd L trng 1/2 LF to fc ptr ld hnds still jnd, sd R/cl L, sd R; *doubl rk*] repeat meas 1 of interlude;

REPEAT PART A

ENDING

1 – 5 DOUBLE ROCK; CHASSE ROLL;;, DOUBLE ROCK; REV CHASSE ROLL;;:

doubl rk] repeat meas 1 of interlude; sd L/cl R, sd L trng RF to bk to bk pos; sd R/cl L, sd R, cont trng RF to fc sd L/cl R, sd L to L ½ OP,, *doubl rk*] rk bk R, rec L, rk bk R, rec L; *rev chasse roll*] sd R/cl L, sd R trng RF to bk to bk pos; sd L/cl R, sd L, cont trng RF to fc sd R/cl L, sd R to SCP;

5 – 9 JIVE WALKS;;, SWIVEL WALK 4; 4 POINT STEPS AND HOLD NUMBER 4;;:

jive wks] rk bk L, rec R, fwd L/cl R, fwd L; fwd R/cl L, fwd R, *swvl wlk 4*] w/ swvl action fwd L, fwd R, fwd L, fwd R; *4 pt stps*] pt L fwd w/ outsd edge of ft tchg floor, stp fwd L, pt R thru w/ outsd edge of ft tchg floor, stp fwd R; repeat previous meas holding the last point;