

Fly High

拍数: 96 墙数: 2 级数: Phrased Improver
编舞者: Terry Li (CN) - February 2018
音乐: Fly High (遠走高飛) - Jin Zhi Wen (金志文)



Intro: 32 Counts
Tag: 8 Counts on Wall 4, facing 12:00
Sequence: A, A, B, B, Tag, C, A, A, B, B (24), C, B, B, Ending

Part A

SA1. Walk, Walk, Reverse Coaster, Back Lock, Back Lock

1-2 Step RF forward, step LF forward
3&4 Step RF forward, step LF together, step RF back
5&6 Step LF back, cross RF over LF, step LF back
7&8 Step RF back, cross LF over RF, step RF back

SA2. R Stomp, 1/4 L Sweep, Cross Shuffle, Scissors Step, Drag

1-2 Stomp LF in place, sweep RF forward turning 1/4 to L (with RF holding) (9:00)
3&4 Cross RF over LF, step LF to RF, cross RF over LF
5&6 Step LF to L, step RF together, cross LF over RF
7-8 RF big step to R, drag LF to RF side

SA3. Rock, 1/2 R Shuffle Back, Rock, R Coaster

1-2 Step RF forward, recover onto LF
3&4 Step RF to R making 1/2 turn to R, step LF together step RF forward (3:00)
5-6 Step LF forward, recover onto RF
7&8 Step LF back, step RF to LF, step LF forward

SA4. Rock, 1/4 R Sailor step, Cross, Point, Point, Point

1-2 Step RF to R side, recover onto LF
3&4 Make 1/4 R while crossing RF behind LF, step LF to RF, step RF to R side (6:00)
5&6 7&8 Cross LF over RF, point RF to R, point RF forward, point RF to R

Part B

SB1. Cross, Hitch and 1/4 R Turn, Foot Down, Hold, 3/4 L Paddle Turn

1-2 Cross RF over LF, make 1/4 R hitching LF
3-4 Put LF down with weight on LF (Option: stretching two arms like bird's wings with LH low, RH high), hold

(Option: keeping the arms like flying) (3:00)

5-6 Step RF forward turning LF 1/4 L(12:00), step RF forward turning LF 1/4 L (9:00)
7-8 Step RF forward turning LF 1/8 L(7:30), step RF forward turning LF 1/8 L (6:00)

SB2. Cross, 1/4 R Turn x2, Rock, 1/4 L Turn x2, Cross

1-2 Cross RF over LF, step LF to L making 1/4 turn R (9:00)
3 Step RF back making 1/4 turn R (12:00)
4-5 Cross LF over RF, recover onto RF
6-7 Step LF to L making 1/4 turn L (9:00), step RF forward making 1/4 turn L (6:00)
8 Cross LF behind RF

SB3. 1/4 R Turn, Sweep, Cross, Back, Side, Cross Shuffle, 1/4 L Turn, 1/2 R Pivot

1-2 Step RF to R side making 1/4 R, sweep LF over RF (9:00)
3&4 Put LF down, step RF back, step LF to L
5&6 Cross RF over LF, Step LF together, cross RF over LF

7-8 Step LF to L side making 1/4 L (6:00), make 1/2 turn R (12:00)
(There is a change for count 8 in the 4th Section B: the weight is on LF)

SB4. Charleston Kick, Walk, Turning 1/4 L, 1/4 L Shuffle

1234 Step LF forward, kick RF forward, step RF back, point LF back
5-6 Step LF forward, step RF forward making 1/4 L (9:00)
7&8 Step LF making 1/4 L, step RF together, step LF forward (6:00)

Part C

SC1. Big Drag, Forward Rock, Cross, 1/2 R Turn, Hitch

1-2& Step a big RF to R, drag LF to R, Step LF together
3-4 Step RF to R, recover LF
5-6 Cross RF over LF, step LF back making 1/4 turn R (3:00)
7-8 Step RF to R making 1/4 turn R, hitch LF (6:00)

SC2. Foot Down, Hold, Weave, 3/4 L Fan, Coaster

1-2 Put LF down, hold
3&4 Step RF behind LF, step LF to L, step RF over LF
5-6 Point LF heel to L making 1/4 turn, 1/2 L heel pivot turn L with RF behind LF (9:00)
7&8 Step LF back, step RF together, step LF forward

SC3. R Dorothy, L Dorothy, Forward Rock, 3/4 R Triple

1-2& Step RF forward R diagonal, lock LF behind RF, step RF forward R diagonal
3-4& Step LF forward L diagonal, lock RF behind LF, step LF forward L diagonal
5-6 Step RF forward, recover on L
7&8 Step RF forward & turn 1/2 R, step LF to RF, turn 1/4 R & step forward on RF (6:00)

SC4. Kick Ball Point x2, Forward Rock, 1/2 L Triple

1&2 Kick LF, step LF together, point RF to R
3&4 Kick RF, step RF together, point LF to L
5-6 Step LF forward, recover on R
7&8 Step LF forward & turn 1/4 L, step RF to LF, turn 1/4 L & step forward on LF (12:00)

Tag: 8 Counts on Wall 4 (facing 12:00)

Cross Point x2, R Jazz Box

1234 Cross RF over LF, point LF to L, cross LF over RF, point RF to R
5678 Cross RF over LF, step LF back, step RF to R, step LF over RF

Ending: 6 Counts (Facing 6:00)

Cross Point x2, 1/2 L Pivot

1234 Cross RF over LF, point LF to L side, cross LF over RF, point RF to R side
5-6 Step RF forward, make 1/2 pivot turn L

Have fun!

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