

Spread My Wings & Fly

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数:
编舞者: Gordon Elliott (AUS) - October 2019
音乐: Spread My Wings and Fly - Mike Denver : (Album: Thank God For The Radio)



This dance is done in FOUR directions. Introduction : 32 Beats.
Original Position: Feet Together Weight On The Left Foot.

SIDE, HOLD & SIDE, ROCK, SAILOR STEP, SAILOR FORWARD

1, 2 & Stomp R To The Side, Hold, Step L Together,
3, 4 Step R To The Side, Side Rock Onto L,
5 & 6 Sailor : Step R Behind Left, Step L To The Side, Step R To The Side,
7 & 8 Sailor : Step L Behind Right, Step R To The Side, Step L Forward. (12.00)

PIVOT TURN, PADDLE TURN, VAUDEVILLE & VAUDEVILLE &

1, 2 Pivot : Step R Forward, Turn 180° Left Take Weight Onto L,
3, 4 Paddle : Step R Forward, Turn 90° Left Take Weight Onto L,
5 & Step R Across In Front Of Left, Step L To The Side,
6 & Touch R Heel Forward At 45° Right, Step R Back,
7 & Step L Across In Front Of Right, Step R To The Side,
8 & Touch L Heel Forward At 45° Left, Step L Together. (3.00)

FORWARD, ROCK, 1/2 SHUFFLE FORWARD, FORWARD, ROCK, COASTER STEP

1, 2 Step R Forward, Rock Back Onto L,
3 & 4 Turn 180° Right Shuffle Forward Step : R-L-R,
5, 6 Step L Forward, Rock Back Onto R,
7 & 8 Coaster : Step L Back, Step R Together, Step L Forward. (9.00)

HEEL & HEEL & PADDLE TURN, HEEL & HEEL & PADDLE TURN

1 & Touch R Heel Forward, Step R Together,
2 & Touch L Heel Forward, Step L Together,
3, 4 Paddle : Step R Forward, Turn 90° Left Take Weight Onto L,
5 & Touch R Heel Forward, Step R Together,
6 & Touch L Heel Forward, Step L Together,
7, 8 Paddle : Step R Forward, Turn 90° Left Take Weight Onto L. (3.00)

[32] REPEAT THE DANCE IN NEW DIRECTION