

Fly (飛)

COPPERKNOB
STEPSHETS

拍数: 100 墙数: 1 级数: Phrased Low Intermediate
编舞者: Mei Sze Chin (MY) & Nina Chen (TW) - November 2020
音乐: Fly (飛) (DJ版) - Long Mei Zi (龍梅子)



SOD: Intro dance/ A B/ C C Tag1/ Tag2 (Same as Intro dance) Tag3 B/ C C Tag1/ C C Tag1/ Tag2 (Same as Intro dance) Tag3

** Optional for hand movements: Please refer to the demonstration video **

Intro dance (Tag2): (32 counts x2)

I1: WALK FWD WITH SWAY, WALK BACK WITH SWAY

1-4 Walk fwd on R L R L with sway hips

5-8 Walk back on R L R L with sway hips

I2: 1/4 L WALK BACK WITH SWAY, WALK FWD WITH SWAY

1-4 1/4 turn L (9:00) walk back on R L R L with sway hips

5-8 Walk fwd on R L R L with sway hips

I3: CROSS TOUCH - SIDE TOUCH, SAILORS, CROSS TOUCH - SIDE TOUCH - SAILORS 1/4 L

1-2, 3&4 Touch RF over LF - Touch RF to R, Step RF behind LF - Step LF beside RF - Step RF to R

5-6, 7&8 Touch LF over RF - Touch LF to L, 1/4 turn L (6:00) step LF behind RF - Step RF beside LF - Step LF fwd

I4: FWD - PIVOT 1/2 L, FWD SHUFFLE, FWD - PIVOT 1/2 R, FWD SHUFFLE

1-2, 3&4 Step RF fwd - Pivot 1/2 turn L (12:00) weight on LF, Fwd shuffle (R L R)

5-6, 7&8 Step RF fwd - Pivot 1/2 turn R (6:00) weight on RF, Fwd shuffle (L R L)

Main Dance -

Part A: (32 counts)

A1: TOUCH - HITCH, COASTER, TOUCH - 1/4 L KICK, COASTER

1-2, 3&4 Touch RF fwd - Hitch RF, Step RF back - Step LF beside RF - Step RF fwd

5-6, 7&8 Touch LF beside RF - 1/4 turn L (9:00) kick LF fwd, Step LF back - Step RF beside LF - Step LF fwd

A2: (R & L) CROSS SAMBA, FWD ROCK - RECOVER - 1/4 R SIDE - TOGETHER

1&2, 3&4 Cross RF over LF - Step LF to L - Step RF in place, Cross LF over RF - Step RF to R - Step LF in place

5-8 Rock RF fwd - Recover on LF - 1/4 turn R (12:00) step RF to R - Step LF beside RF

A3: FWD - HEEL BOUNCES 1/4 L, CROSS - SIDE - CROSS - SIDE

1-4 Step RF fwd - Bounce heels - 1/8 turn L (10:30) bounce heels - 1/8 turn L (9:00) bounce heels

5-8 Cross RF over LF - Step LF to L - Cross RF over LF - Step LF to L

A4: 1/4 L FWD - PIVOT 1/2 L - WALK - WALK, SWAY

1-4 1/4 turn L (6:00) step RF fwd - Pivot 1/2 turn L (12:00) weight on LF - Step RF fwd - Step LF fwd

5-8 Step RF to R while sway hips (R L R L)

Part B : (36 counts)

B1: R DIAGONAL BACK - TOGETHER - BACK - TOUCH, L DIAGONAL BACK - TOGETHER - BACK - TOUCH

1-4 Step RF back to R diagonal -Step LF beside RF - Step RF back - Touch LF beside RF

5-8 Step LF back to L diagonal -Step RF beside LF - Step LF back - Touch RF beside LF

B2: VAUDEVILLE, R SIDE WITH HIPS ROLL - L TOUCH WITH HIPS PUSH - L SIDE WITH HIPS ROLL - R TOUCH WITH HIPS PUSH - BALL CHANGE

- 1&2&,3&4& Cross RF over LF - Step LF to L - Touch R heel to R diagonal - Step RF beside LF, Cross LF over RF - Step RF to R - Touch L heel to L diagonal - Step LF beside RF
- 5-8& Step RF to R while rolling hips from L to R in a circle - Touch L toes to L while pushing hips to L - Step LF to L while rolling hips from R to L in a circle - Touch R toes to R while pushing hips to R - Quick step RF beside LF

B3: WALK TO R DIAGONAL, FWD SHUFFLE, CROSS TOUCH - SIDE TOUCH - 1/8 R BACK TOUCH - UNWIND 1/4 R

- 1-2, 3&4 Walk to R diagonal fwd (1:30) on L R, Fwd shuffle (L R L)
- 5-8 Touch RF over LF - Touch RF to R - 1/8 R (3:00) touch RF behind LF - Unwind 1/4 turn R (6:00) weight on RF

B4: FWD PIVOT 1/4 R.(x2), (L & R) CROSS MAMBO

- 1-4 Step LF fwd - Pivot 1/4 turn R (9:00) weight on RF - Step LF fwd - Pivot 1/4 turn R (9:00) weight on RF
- 5&6, 7&8 Cross LF over RF - Recover on RF - Step LF to L, Cross RF over LF - Recover on LF - Step RF to R

B5: (L & R) SWAY, DOUBLE HIPS BUMP

- 1-2, 3&4 Sway to L - Sway to R, Double Bump hips to L

Part C: (32 counts)

C1: (R & L) SIDE CHA CHA, PADDLE FULL TURN L

- 1&2,3&4 Step RF to R - Step LF beside RF - Step RF in place, Step LF to L - Step RF beside LF - Step LF in place
- 5-8 1/4 turn L (9:00) touch RF to R - 1/4 turn L (6:00) touch RF to R - 1/4 turn L (3:00) touch RF to R - 1/4 turn L (12:00) touch RF to R

C2: CHARLESTON STEPS, (R & L) SIDE - TOUCH

- 1-4 Step RF fwd - Touch LF fwd - Step LF back - Touch RF back
- 5-8 Step RF to R - Touch LF behind RF - Step LF to L - Touch RF behind LF

C3: OUT OUT IN IN. (x2)

- 1-4 Step RF to R diagonal fwd - Step LF to L diagonal fwd - Step RF back to center - Step LF beside RF
- 5-8 Step RF to R diagonal fwd - Step LF to L diagonal fwd - Step RF back to center - Step LF beside RF

C4: FWD - PADDLE FULL TURN R - TOGETHER

- 1-4 Step RF fwd - 1/4 turn R (3:00) touch LF to L - 1/8 turn R (4:30) touch LF to L - 1/8 turn R (6:00) touch LF to L
- 5-8 1/8 turn R (7:30) touch LF to L - 1/8 turn R (9:00) touch LF to L - 1/8 turn R (10:30) touch LF to L - 1/8 turn R (12:00) step LF beside RF

Tag1: (8 counts)

(R & L) SIDE TOUCH - TOUCH BESIDE - SIDE - TOUCH

- 1-4 Touch RF to R - Touch RF beside LF - Big step to R - Touch LF beside RF
- 5-8 Touch LF to L - Touch LF beside RF - Big step to L - Touch RF beside LF

Tag2: (32 counts x2)

****Same as Intro dance****

Tag3: (8 counts)

MONTEREY 1/2 R.(x2)

- 1-4 Touch RF to R - On ball of LF 1/2 turn R (6:00) step RF beside LF - Touch LF to L - Step LF beside RF
- 5-8 Touch RF to R - On ball of LF 1/2 turn R (6:00) step RF beside LF - Touch LF to L - Step LF beside RF

Have Fun & Happy Dancing !!!

Contact Nina Chen : nina.teach.dance@gmail.com
