

# Gotta Fly

拍数: 48      墙数: 4      级数: Intermediate/Advanced  
编舞者: Dawn Dennell (UK)  
音乐: Down Came a Blackbird - Lila McCann



## ROCK RIGHT, RIGHT SAILOR STEP, ROCK FORWARD AND BACK AND STEP PIVOT ½ TURN RIGHT

- 1 Step right foot to right side
- 2 Rock weight to left foot
- 3&4 Cross right foot behind left and step, step left foot to left, step right foot to right
- 5& Rock forward onto left foot, return weight to right foot
- 6& Rock back on left foot, return weight to right foot
- 7 Step forward on left foot
- 8 Pivot ½ turn to right ending with weight on right foot

## STEP LEFT AND SIT, 2 SMALL JUMPS TO LEFT, ROCK FORWARD AND BACK, STEP LEFT, RIGHT, LEFT

- 1 Step to left (about 3 feet apart from right) with left foot and bend both knees (sitting position)
- & Slightly straighten knees (feet still apart)
- 2& Bend knees into sitting position (feet still apart), straighten knees
- 3&4 Step right foot beside left foot, 2 small jumps to left side feet together
- 5& Rock forward onto right foot, return weight to left foot
- 6& Rock back onto right foot, return weight to left foot
- 7&8 Step forward on right foot, step forward on left slightly apart from right foot, step small step to right on right foot

Feet are now slightly apart

## HIPS LEFT AND RIGHT, IN, OUT, CROSS, SCOOT, SCOOT

- 1-2 Push hips left once, then right once
- 3&4 Push hips left-right-left
- 5 Touch right toe beside left foot
- 6 Point right toe to right side
- 7 Cross right foot in front of left foot and step
- &8 Scoot back twice on right foot while lifting left foot up behind right

## ROCK BACK, SHUFFLE FORWARD, PIVOT ½ TURN LEFT, TURN ¼ LEFT, 2 SMALL JUMPS TO RIGHT

- 1 Step back onto left foot
- 2 Rock weight forward onto right foot
- 3&4 Shuffle forward left, right, left
- 5 Step forward on right foot
- 6 Pivot ½ turn to left
- 7&8 Turn ¼ turn to left on ball of left foot touching right foot beside left, take 2 small jumps to right on both feet

See break for 5th wall

## RUNNING MAN STEPS

See note at bottom of page for alternative move

- 1& Step right diagonally forward & left diagonally back, slide right back to place & hitch left knee
- 2& Step left diagonally forward & right diagonally back, slide left back to place & hitch right knee
- 3& Step right diagonally forward & left diagonally back, bring both feet back to place
- 4& Step right diagonally forward & left diagonally back, slide right back to place & hitch left knee
- 5& Step left diagonally forward & right diagonally back, slide left back to place & hitch right knee
- 6& Step right diagonally forward & left diagonally back, slide right back to place & hitch left knee

- 7& Step left diagonally forward &right diagonally back, bring both feet back to place  
8& Step left diagonally forward &right diagonally back, slide left back to place & hitch right knee

**ROCK FORWARD SHUFFLE BACK, ROCK BACK AND SHUFFLE FORWARD**

- 1&2 Step forward onto right foot, rock weight back onto left foot, right next to left  
3&4 Shuffle back left, right left  
5&6 Step back onto right foot, rock weight forward onto left foot, right foot next to left  
7&8 Shuffle forward left, right, left

**REPEAT**

**For the less experienced dancers, replace running man steps with heel switches**

- 1&2& Tap right heel forward, bring back to place, tap left heel forward, bring back to place  
3&4 Tap right heel forward, hook right foot in front of left shin, tap right heel forward  
&5&6 Bring right foot back to place, tap left heel forward, bring back to place, tap right heel forward  
&7&8& Bring right foot back to place, tap left heel forward, hook left foot in front of right shin, tap left heel forward, bring left foot back to place

**BREAK**

**There is a slow break on the 5th wall after the 2 small jumps to right omit the running man steps and insert the following steps instead:**

**WALK FORWARD**

- 1 8 step forward on right foot in front of left and hold for next seven counts  
9-16 Step forward on left foot in front of right and hold for next seven counts  
17 Step forward on right toe in front of left  
18-20 Tap right heel three times placing weight on right foot on 3rd tap  
21 Step forward on the left toe in front of right foot  
22-24 Tap the left heel three times placing weight on left on 3rd tap

**Carry on with the rock and shuffles after the running man steps (the last 8 counts of the dance), then start the dance again from the beginning**

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