

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
