

Fly With Me

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Kung Fu Fighting - Carl Douglas & Bus Stop



STEP, ¼ TURN X4

1-2 Step forward on right foot, turn ¼ left
3-8 Repeat count's 1, 2

STEP, STEP, HITCH ¼ TURN, COASTER STEP, HITCH ¼ TURN

1-2 Step forward on right, step forward on left
3&4 Hitch right knee, on &-count lower knee, turn ¼ left and hitch right knee on 4
5&6 Step right foot back, step left next to right, step right foot forward
7&8 Hitch left knee, on &-count lower knee, turn ¼ right and hitch right knee on 8

COASTER STEP, POINT BACK, ½ TURN, MAMBO, STEP ½ TURN

1&2 Step back on left, step right next to left, step left foot forward
3-4 Point right toe back, make a ½ turn right taking weight on right foot
5&6 Rock left foot forward, recover weight on to right, step left beside right
7-8 Step right foot forward, make a ½ turn left

SIDE, BEHIND & HEEL & STEP, TWIST ½ TURN, SIDE TOGETHER

1-2 Step right foot to right, step left behind
&3&4 Step back on right, touch left heel diagonally forward left, step left beside right, step right foot forward
5&6 On balls of feet, twist heels right, left, right making half turn left
7-8 Step left foot to left, slide right foot together

REPEAT

TAG

After wall 8

STEP OUT, HOLD, "SHRUG", SAILOR, COASTER ¼ TURN

1-2 Step right to right, hold
3&4 Shrug shoulders right, left, right
5&6 Step right behind left, step left to left, step right to right
7&8 Step left behind right, turn ¼ left stepping right next to left, step left foot forward

STEP OUT HOLD, ¼ TURN LEFT, TURN KNEES, HEAD, HEAD, KNEES

9-10 Step right to right, hold
11-12 Step ¼ turn left with left foot, step right beside
13 On balls of feet, turn ¼ turn left bending your knees, (body's at 3:00 face at 6:00)
14-15 Turn head to 3:00, turn head to 12:00
16 On balls of feet, turn ¼ turn left bending your knees to 12:00
17-32 Repeat steps 1-16
33 Step right to right
34-36 Hold