

Flying High

拍数: 48 墙数: 4 级数:
编舞者: Peter Metelnick (UK) & Alison Metelnick (UK)
音乐: Fly - Pinmonkey



VINE RIGHT 2, LEFT HEEL JACK & CROSS UNWIND ½ RIGHT, LEFT FORWARD, RIGHT FORWARD SHUFFLE

1-2 Step right to right side, cross step left behind right
&3&4 Step right slightly back, touch left heel forward, step left back, touch right behind left
5-6 Unwind ½ right with weight ending on right foot, step left forward
7&8 Step right forward, step left together, step right forward

LEFT FORWARD, ¼ RIGHT PIVOT TURN, LEFT CROSS OVER SHUFFLE, RIGHT TO RIGHT SIDE, LEFT SAILOR HEEL BALL CROSS

1-2 Step left forward, pivot ¼ right
3&4 Cross step left over right, step right to right, cross step left over right
5 Step right to right side
6&7 Cross step left behind right, step right to right, touch left heel forward
&8 Step left back, cross step right over left

BALL CROSS, ¼ RIGHT & LEFT BACK, RIGHT COASTER STEP, LEFT FULL TURN FORWARD, LEFT FORWARD SHUFFLE

&1 Step left back, cross step right over left
2 Turning ¼ right step left back
3&4 Step right back, step left together, step right forward
5-6 Turning ½ left step left back, turning ½ left step right forward

Easier option for 5-6: walk forward left & right

7&8 Step left forward, step right together, step left forward

RIGHT & LEFT & RIGHT HEEL SWITCHES, HOLD & CLAP 2X, ¼ LEFT & LEFT & RIGHT HEEL SWITCHES, RIGHT TOGETHER, LEFT TOUCH BACK, ¼ LEFT TURN WEIGHT ENDING ON LEFT

1&2& Touch right heel forward, step right together, touch left heel forward, step left together
3&4 Touch right heel forward, hold & clap twice
&5&6 Turning ¼ left step right together, touch left heel forward, step left together, touch right heel forward
&7-8 Step right together, touch left back, turn ¼ left with weight ending on left

RIGHT CROSS ROCK & RECOVER, RIGHT SIDE SHUFFLE, LEFT CROSS ROCK & RECOVER, LEFT SIDE SHUFFLE

1-2 Cross rock right over left, recover weight on left
3&4 Step right to right, step left together, step right to right
5-6 Cross rock left over right, recover weight on right
7&8 Step left to left, step right together, step left to left

WEAVE LEFT 2, ¼ RIGHT SAILOR STEP, ½ LEFT, LEFT COASTER STEP

1-2 Cross step right over left, step left to left
3&4 Turning ¼ right step right back, step left to side, step right forward
5-6 Turning ¼ left step left forward, turning ¼ left step right back
7&8 Step left back, step right together, step left forward

REPEAT

