

Learning To Fly

拍数: 32 墙数: 4 级数: Intermediate
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音乐: One Step At a Time - Jordin Sparks



Intro: 16 count intro. Start on the lyrics.

(1-8) STEP, STEP-LOCK-STEP, SKATE, SKATE, STEP-LOCK-STEP, STEP

- 1 Step forward R
- 2&3 Step forward L, step on the ball of the R foot behind the L, step forward L (or shuffle)
- 4,5 Bring R next to L and step forward on the R with turned out foot, repeat with L
- 6&7 Step forward R, step on the ball of the L foot behind the R, step forward R (or shuffle)
- 8 Step forward L

(9-16) ¼ R STEP, CROSS-AND-CROSS, STEP BACK, ¼ L STEP, STEP, ½ L PIVOT, BALL-STEP

- 1 Pushing off your left foot turn ¼ right (3:00) and step the R to the right side
- 2&3 Step the L over the R, step the R to the right side, step the L over the R
- 4,5 Step back on R, turning ¼ left (12:00) step forward on L
- 6,7 Step forward on R, turn ½ left (6:00) stepping on the L
- &8 Step on the ball of the R foot next to the L, step forward on L

RESTART: Restart here on the 4th and 9th walls (Note: the 4th wall will start facing 9:00 and you will restart the 5th wall facing 3:00 wall; the 9th wall will be the next time you start facing 3:00)

(17-24) STEP, ½ L PIVOT, KICK, TOUCH BACK, KICK-BALL-CHANGE, STEP, ½ L PIVOT

- 1,2 Step forward on R, turn ½ left (12:00) stepping on the L
- 3,4 With a straight leg swing the R leg forward, swing the leg back and touch the R toe behind
- 5&6 Kick the R forward, step on the ball of the R next to the L, step forward on R
- 7,8 Step forward on R, turn ½ left (6:00) stepping on the L

(25-32) PRESS, RECOVER, BALL-SCOOT ¼ R, TOUCH BACK, TWIST, TWIST, STEP ½ L PIVOT

- 1,2 Step on the ball of the R to right as you rock to the side, recover weight onto the L
 - &3 Stepping on the ball of the R next to L, step the L to the left side (scoot) as you begin turning ¼ right (9:00)
 - 4 Now facing 9:00 touch the R toe back behind the L heel
 - 5 Dig the R toe into the floor and turn ½ right (3:00) with a twisting motion placing weight onto R
 - 6 Pushing off the R foot twist back to face 9:00 (½ left) placing weight onto the L
- Note for counts 5-6: twist only as much as you are comfortable with, just so come back to 9:00**
- 7,8 Step forward on R, turn ½ left (3:00) stepping on the L

Repeat