

I Can Fly

COPPER KNOB
BY STEPHEN HETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Mark Simpkin (AUS) - February 2010
音乐: I Can Fly - Joey Yung (容祖兒)



(1-8) Cross Rock/Replace & Cross Side Behind Hook, Pivot ½ & ½ Rock Back/Replace

1-2 Cross Rock R over L, Replace weight on L [12:00]
&3&4 Step R to R side, Cross L over R, Step R to R side, Step L behind R, Hook R under L knee
5-6 Step forward on R, ½ turn L taking weight on L [6:00]
&7-8 ½ turn L stepping R ball together, Rock back on L, Replace weight on R [12:00]

(9-16) Pivot ¼ Turn, Switch Point ¼ Forward, Step Back, ¼ Step Side, Right Sailor Step

1-2 Step forward on L, ¼ turn R taking weight on R [3:00]
&3&4 Step L together, Point R toes to R side, ¼ turn R stepping R together, Step forward on L *R2* [6:00]
5-6 Step back on R, ¼ turn L LONG step L to L side whilst dragging R foot [3:00]
7&8 Step R behind L, Step L to L side, Step R to R side *R1*

(17-24) Touch, Unwind, Forward R Coaster Step, Ball ½, ½, R Coaster Cross

1-2 Touch L behind R, unwind ¾ turn L taking weight on L [6:00]
3&4& Step forward on R, Step L together, Step back on R, Step L ball together (PREP FOR SPIN),
5-6 ½ turn R stepping forward on R, ½ turn R stepping back on L
7&8 Step back on R, Step L together, Cross R over L

(25-32) Side Rock/Replace & Side Rock/Replace, ½ Hinge Cross Rock/Replace, ¼ Turn, Pivot ½ Turn

1-2& Rock L to L side, Replace weight on R, Step L together [6:00]
3-4& Rock R to R side, Replace weight on L, **R3** Hinge ½ turn R stepping R together [12:00]
5-6& Cross Rock L over R, Replace weight on R, ¼ turn L stepping forward on L [9:00]
7-8 Step forward on R, ½ turn L taking weight on L [3:00]

Start Dance Again [3:00]

There are 3 Restarts throughout the entire dance on Walls 3, 6 & 8

R1: Restart on Wall 3 - On Count 16, Simply Step L foot together for an ' & ' Count 9:00

R2: Restart on Wall 6 – On Count 12, Start Again

Both Restarts will happen on 9:00

R3*: Restart on Wall 8 at count 28, Simply replace weight on L to restart the dance.... Take out the hinge half turn 12:00

We would like to dedicate this dance to Sophie & to all the staff at Sir Eric Woodward Memorial School

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