

# Spread My Wings

拍數: 32      牆數: 4      級數: Improver  
編舞者: Jef Camps (BEL) - October 2016  
音樂: I Believe I Can Fly - The Baseballs



## #16 count intro

### S1: Rumba Box, Step, ½ PIVOT, TOE STRUT, STEP, ¼ TURN, SIDE TOE STRUT

1&2      RF step side, LF close next to RF, RF step back  
3&4      LF step side, RF close next to LF, LF step fwd  
5&6&      RF step fwd, ½ turn L (weight LF), RF touch toes fwd, RF drop heel down (6:00)  
7&8&      LF step fwd, ½ turn R (weight RF), ¼ turn R & LF touch toes side, LF drop heel down □ (3:00)

### S2: TOE STRUT BEHIND, SIDE TOE STRUT, JAZZ BOX CROSS, SIDE, DRAG, ROCK BACK, ¼ TURN BACK, ¼ TURN SIDE, CROSS

1&2&      RF cross toes behind LF, RF drop heel down, LF touch toes side, LF drop heel down (finger snaps)  
3&4&      RF cross over LF, LF step back, RF step side, LF cross over RF  
5-6&      RF big step side (drag LF towards RF), LF rock back, recover on RF  
7-8&      ¼ turn R & LF step back, ¼ turn R & RF step side, LF cross over RF (9:00)

\*Restart in walls 2, 5 & 8

### S3: POINT, TOUCH, HEEL & HEEL-BALL-STEP, 3 RUNS FWD, brush, MAMBO ½ TURN

1&2&      RF touch side, RF touch next to LF, RF dig heel fwd, RF close next to LF  
3&4      LF dig heel fwd, LF close next to RF, RF step fwd  
5&6&      LF run fwd, RF run fwd, LF run fwd, RF brush fwd  
7&8      RF rock fwd, recover on LF, ½ turn R & RF step fwd □ (3:00)

### S4: STEP, ½ PIVOT, STEP, CHARLESTON, ROCKING CHAIR, SCISSOR STEP

1&2      LF step fwd, ½ turn R putting weight on RF, LF step fwd (9:00)  
3-4      RF touch fwd, RF step back □ (styling: you can twist in the Charleston if you want)  
5&6&      LF rock back, recover on RF, LF rock fwd, recover on RF  
7&8      LF step side, RF close next to LF, LF cross over RF

Have fun!

Restart: in walls 2, 5 & 8 after 16 counts

Ending: dance ends to 6:00 after the last section, just make a ½ turn R (unwind)