

Spread My Wings

COPPER KNOB
STEPSHEETS

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)