

Learn to Fly

拍數: 84 牆數: 1 級數: Phrased Intermediate
編舞者: Bruce Tau (NZ) - May 2019
音樂: Fly - Maddie & Tae : (Album: Start Here)



#16 count intro. Sequence: A, B, C, A, B, C, a (first 16 counts), Tag, B, C, C

PART A: 32 counts

[1-8] BACK, TOGETHER, SHUFFLE FWD, 1/4 PIVOT, TOGETHER, BACK SWEEPS X4

1&2&3 Step Right foot Back, Step Left foot Together, Step Right foot Forward, Step Left foot Together, Step Right foot Forward
&4& Step Left foot Forward, Pivot 1/4 Right, Step Left foot next to Right
5,6,7,8 Step Right Foot Back while Sweeping Left foot Back, Step Left foot Back while Sweeping right foot Back, Step Right Foot Back while Sweeping Left foot Back, Step Left foot Back while Sweeping Right foot Back [3:00]

[9-16] BEHIND, 1/4 TURN, 1/2 PIVOT, SHUFFLE FWD, HITCH, BACK SWEEPS X 4. TOGETHER

1&2& Step Right foot Behind Left, Make 1/4 turn Left and step Left foot Forward, Step Right foot Forward, Pivot 1/2 Turn Left
3&4& Step Right foot Forward, Step Left foot Together, Step Right foot Forward, Small Hitch Forward with Left foot
5,6,7,8 Step Left foot Back while Sweeping right foot Back, Step Right Foot Back while Sweeping Left foot Back, Step Left foot Back while Sweeping Right foot Back, Step Right Foot Back while Sweeping Left foot Back
& Step Left foot Together [6:00]

[17-24] BACK, TOGETHER, SHUFFLE FWD, 1/4 PIVOT, TOGETHER, BACK SWEEPS X4

1&2&3 Step Right foot Back, Step Left foot Together, Step Right foot Forward, Step Left foot Together, Step Right foot Forward
&4& Step Left foot Forward, Pivot 1/4 Right, Step Left foot next to Right
5,6,7,8 Step Right Foot Back while Sweeping Left foot Back, Step Left foot Back while Sweeping right foot Back, Step Right Foot Back while Sweeping Left foot Back, Step Left foot Back while Sweeping Right foot Back [9:00]

[25-32] BEHIND, 1/4 TURN, 1/2 PIVOT, SHUFFLE FWD, HITCH, BACK SWEEPS X 4. TOGETHER

1&2& Step Right foot Behind Left, Make 1/4 turn Left and step Left foot Forward, Step Right foot Forward, Pivot 1/2 Turn Left
3&4& Step Right foot Forward, Step Left foot Together, Step Right foot Forward, Small Hitch Forward with Left foot
5,6,7,8 Step Left foot Back while Sweeping right foot Back, Step Right Foot Back while Sweeping Left foot Back, Step Left foot Back while Sweeping Right foot Back, Step Right Foot Back while Sweeping Left foot Back
& Step Left foot Together [12:00]

PART B: 36 counts

[1-8] 1/8 ROCK, RECOVER, 1/2 TURN, 1/2 PIVOT, TOGETHER, 1/2 PIVOT. 1/2 PIVOT, 1/4 SIDE

1,2 Turn 1/8 Left and Rock Right foot Forward, Recover weight onto Left foot whilst starting to turn Right
3&4& Finish 1/2 turn Right and Step Right foot Forward, Step Left Foot Forward, Pivot 1/2 Turn Right, Step Left foot Together
5,6,7,8 Step Right foot Forward, Pivot 1/2 Turn Left, Step Right foot Forward, Pivot 1/2 turn Left
& Make 1/4 Turn Left and Step Right foot to Right Side [7:30]

(Optional: During count 1,2, Reach Right arm Forward throughout the rock and 1/2 turn)

[9-16] ROCK, RECOVER, 1/2 TURN, 1/2 PIVOT, TOGETHER, 1/2 PIVOT. 1/4 PIVOT, TOGETHER

- 1,2 Rock Left foot Forward, Recover weight onto Right foot whilst starting to turn Left
3&4& Finish 1/2 turn Left and Step Left foot Forward, Step Right foot Forward, Pivot 1/2 turn Left, Step Right Foot Together
5,6,7,8 Step Left foot Forward, Pivot 1/2 turn Right, Step Left foot Forward, Pivot 1/4 turn Right
& Step Left foot Together [4:30]

(Optional: During count 1,2, Reach Left arm Forward throughout the rock and 1/2 turn)

[17-24] ROCK, RECOVER, 1/2 TURN, 1/2 PIVOT, TOGETHER, 1/2 PIVOT. 1/2 PIVOT, 1/4 SIDE

- 1,2 Turn 1/8 Left and Rock Right foot Forward, Recover weight onto Left foot whilst starting to turn Right
3&4& Finish 1/2 turn Right and Step Right foot Forward, Step Left Foot Forward, Pivot 1/2 Turn Right, Step Left foot Together
5,6,7,8 Step Right foot Forward, Pivot 1/2 Turn Left, Step Right foot Forward, Pivot 1/2 turn Left
& Make 1/4 Turn Left and Step Right foot to Right Side [1:30]

(Optional: During count 1,2, Reach Right arm Forward throughout the rock and 1/2 turn)

[25-32] ROCK, RECOVER, 1/2 TURN, 1/2 PIVOT, TOGETHER, 1/2 PIVOT, 1/4 PIVOT, FORWARD

- 1,2 Rock Left foot Forward, Recover weight onto Right foot
3&4& Step Left foot Back, Step Right foot Together, Step Left foot Forward, Step Right foot Together
5,6,7,8 Step Left foot Forward, Pivot 1/2 turn Right, Step Left foot Forward, Pivot 1/4 turn Right
& Step Left foot Forward [10:30]

(Optional: During count 1,2, Reach Left arm Forward throughout the rock and 1/2 turn)

[33-36] SIDE, HOLD, STEP, CROSS, 7/8 UNWIND

- 1,2 Step Right foot to Right Side, Hold
&3,4 Step Left foot Together, Cross Right foot over in Front of Left, Unwind 7/8 Turn Left (weight ending on Left foot) [12:00]

PART C: 16 counts

[1-8] SIDE, BEHIND, 1/4, 3/4 PIVOT, SIDE, BEHIND, 1/4, 1/2 PIVOT

- 1,2&3,4 Step Right foot to Right Side, Step Left foot Behind Right foot, Make 1/4 turn Right and Step Right foot Forward, Step Left foot Forward, Pivot 3/4 turn Right (ending with weight on Right foot)
5,6&7,8 Step Left foot to Left Side, Step Right foot Behind Left foot, Make 1/4 turn Left and Step Left foot Forward, Step Right foot Forward, Pivot 1/2 turn Left [3:00]

[9-16] ROCK, RECOVER, 1/2 TURN, 1/2 PIVOT, ROCK, RECOVER, 1/2 TURN, 1/2 PIVOT, 1/4 SIDE, TOGETHER

- 1,2&3,4 Rock Right foot Forward, Recover weight onto Left foot, Make 1/2 turn Right and Step Right foot Forward, Step Left Foot Forward, Pivot 1/2 turn Right
5&6 Rock Left foot Forward, Recover weight onto Right foot, Make 1/2 turn Left and Step Forward on Left
7&8& Step Right foot Forward, Pivot 1/2 turn Left, Make 1/4 turn Left and Step Right to Right Side, Step Left foot Together [12:00]

Start Again

Tag: SIDE, HOLD, STEP, CROSS, 1/2 UNWIND

- 1,2 Step Right foot to Right Side, Hold
&3,4 Step Left foot Together, Cross Right foot over in Front of Left, Unwind 1/2 Turn Left (weight ending on Left foot)

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