

Flying Without Wings

拍數: 32 牆數: 2 級數: Improver NC
編舞者: Karolina Ullénstäv (SWE) - October 2019
音樂: Flying Without Wings - Westlife : (3:46)



Intro 4 counts, you start to sing at the word "something" - BPM 73 - No Tags, No Restarts

Section 1: Basic night club steps right and left, turn ¼ left and make basic night club steps again right and left

- 1 RF long sliding step right (facing 12.00)
- 2 Drag LF next to RF and LF rock step back
- & Recover onto RF (weight on RF)
- 3 LF long sliding step left
- 4 Drag RF next to LF and RF rock step back
- & Recover onto LF (weight on LF)
- 5 Turn ¼ left and step RF long sliding step right (facing 09.00)
- 6 Drag LF next to RF and LF rock step back
- & Recover onto RF (weight on RF)
- 7 LF long sliding step left
- 8 Drag RF next to LF and RF rock step back
- & Recover onto LF (weight on LF)

Section 2: Steps forward, step turn ½ left, full turn forward, cross rock step diagonally left and right

- 1 RF step forward
- 2 LF step forward
- & RF step forward
- 3 Turn ½ left on ball (facing 03.00)
- 4 RF step forward turning ½ left (facing 09.00)
- & LF step back turning ½ left (facing 03.00)
- 5 RF cross rock step over LF diagonally left
- 6 Recover onto LF (weight on LF)
- & RF step beside LF
- 7 LF cross rock step over RF diagonally right
- 8 Recover onto RF (weight on RF)
- & LF step beside RF

Section 3: Steps forward, step turn ¼ right, cross step right, step right, cross step right ending with basic night club steps right and left

- 1 RF step forward
- 2 LF step forward
- & Turn ¼ right on ball (facing 06.00)
- 3 LF cross step right over RF
- 4 RF step right
- & LF cross step right over RF
- 5 RF long sliding step right
- 6 Drag LF next to RF and LF rock step back
- & Recover onto RF (weight on RF)
- 7 LF long sliding step left
- 8 Drag RF next to LF and RF rock step back
- & Recover onto LF (weight on LF)

Section 4: Step turn ½ left on ball x 2 and end with swaying your hips 4 times (right, left, right, left)

- 1 RF step forward

- 2 Turn ½ left on ball (facing 12.00)
- 3 RF step forward
- 4 Turn ½ left on ball (facing 06.00)
- 5 Sway your hip to the right
- 6 Sway your hip to the left
- 7 Sway your hip to the right
- 8 Sway your hip to the left

Have fun enjoying this lovely romantic song by the talented and wonderful Westlife!
