

One Flies High

拍數: 72 牆數: 2 級數: Improver
編舞者: Ross Brown (ENG) - January 2020
音樂: Only Love - Wynonna : (3:35)



Intro : 20 Counts (Approx. 12 Seconds)

Note : This dance is dedicated in loving memory to the amazing friend, dancer, instructor, choreographer, host and personality – Robbie McGowan Hickie.

SIDE, TOGETHER. CHASSE ¼ TURN R. FORWARD ROCK. SHUFFLE ½ TURN L.

- 1 – 2 Step R to R, step L next to R.
- 3 & 4 Step R to R, close L up to R, make a ¼ turn R stepping R forward.
- 5 – 6 Rock L forward, recover onto R.
- 7 & 8 Shuffle a ½ turn L stepping; L, R, L. (9 O'CLOCK)

SIDE ¼ TURN L, TOGETHER. CHASSE ¼ TURN R. FORWARD ROCK. SHUFFLE ½ TURN L.

- 1 – 2 Make a ¼ turn L stepping R to R, step L next to R.
- 3 – 8 Repeat Steps 3 & 4, 5 – 6, 7 & 8 from Section 1. (3 O'CLOCK)

STEP, PIVOT ¼ TURN L. SHUFFLE FORWARD. STEP, PIVOT ¼ TURN R. CROSS SHUFFLE.

- 1 – 2 Step R forward, pivot a ¼ turn L.
- 3 & 4 Step R forward, close L up to R, step R forward.
- 5 – 6 Step L forward, pivot a ¼ turn R.
- 7 & 8 Cross step L over R, close R up to L, cross step L over R. (3 O'CLOCK)

BACK ¼ TURN L, SIDE ¼ TURN L. CROSS SHUFFLE. SIDE ROCK. BEHIND, SIDE, CROSS.

- 1 – 2 Make a ¼ turn L stepping R back, make a ¼ turn L stepping L to L.
- 3 & 4 Cross step R over L, close L up to R, cross step R over L.
- 5 – 6 Rock L to L, recover onto R.
- 7 & 8 Cross step L behind R, step R to R, cross step L over R. (9 O'CLOCK)

SIDE ROCK. BEHIND, STEP ¼ TURN L, STEP. FORWARD ROCK. COASTER CROSS.

- 1 – 2 Rock R to R, recover onto L.
- 3 & 4 Cross step R behind L, make a ¼ turn L stepping L forward, step R forward.
- 5 – 6 Rock L forward, recover onto R.
- 7 & 8 Step L back, step R next to L, cross step L over R. (6 O'CLOCK)

SIDE, TOGETHER. SHUFFLE FORWARD. SIDE, TOGETHER. SHUFFLE BACK.

- 1 – 2 Step R to R, step L next to R.
- 3 & 4 Step R forward, close L up to R, step R forward.
- 5 – 6 Step L to L, step R next to L.
- 7 & 8 Step L back, close R up to L, step L back. (6 O'CLOCK)

FULL TURN R TRAVELLING BACK. COASTER STEP. STEP, BACK ½ TURN L. SHUFFLE ½ TURN L.

- 1 – 2 Make a ½ turn R stepping R forward, make a ½ turn R stepping L back. (or Walk Back; R, L)
- 3 & 4 Step R back, step L next to R, step R forward.
- 5 – 6 Step L forward, make a ½ turn L stepping R back.
- 7 & 8 Shuffle a ½ turn L stepping; L, R, L. (6 O'CLOCK)

SIDE ¼ TURN L, POINT FORWARD, SIDE, POINT FORWARD. SCISSOR STEP. BACK ¼ TURN R.

- 1 – 2 – 3 – 4 Make a ¼ turn L stepping R to R, point L forward, step L to L, point R forward.
- 5 – 6 – 7 Step R to R, step L next to R, cross step R over L.
- 8 Make a ¼ turn R stepping L back. (6 O'CLOCK)

SIDE ¼ TURN R, SWEEP ¼ TURN R. JAZZ BOX with CROSS. UNWIND ½ TURN L, CLAP HANDS.

1 – 2 Make a ¼ turn R stepping R to R, make a ¼ turn R sweeping L forward.

3 – 4 – 5 – 6 Cross step L over R, step R back, step L to L, cross step R over L.

7 – 8 Unwind a ½ turn L, clap hands. (6 O'CLOCK)

END OF DANCE!

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