

Still Learning To Fly

COPPER KNOB
BY SHEPPARD

拍數: 48 牆數: 1 級數: Improver
編舞者: Jill Weiss (USA) - March 2021
音樂: Learning to Fly - Sheppard



Intro: 32 Counts

Sequence: A, BBBB, AA, BBBB, A, ½ A, BBBB, B, B WITH ENDING

PART A (starts and ends at 12:00)

STEP HITCH ROCK BACK, REPLACE, ROCK REPLACE COASTER

1-2-3-4 Step forward on R (1), hitch left leg (2), rock back on left (3), replace weight forward to R (4)

5-6-7&8 Rock forward on L, replace back to R, step back on L, step R next to L, step forward on L

(OPT: when the words say "going in circles", full L triple turn in place counts 7&8)

ROCK FORWARD, REPLACE BACK, SHUFFLE BACK, ROCK BACK, REPLACE FORWARD, KICK AND POINT

1-2 Rock forward on right, replace weight back to left

3&4 Step back on R, step L next to R, step back on R

5-6 Rock back on left, replace weight forward to right

7&8 Kick L forward, step on the ball of L foot next to R, touch/point R out to R side

(Touch to R is beginning of ½ Monterey in the next set)

DURING 5th A section, START B HERE

1/4 MONTEREY, MODIFIED 1/2 MONTEREY, POINT HITCH STEP/SWEEP

1-2 Turn 1/4 right on L bringing R in to close (with weight) (1) Point L to left (2) 3:00

3-4 Step L next to R (with weight) (3), point R to right (4)

5 Turn 1/2 right on L bringing R in to close (with weight) (5) 9:00

6-7-8 Point L to left (6) hitch L in front of R (7) Step L forward and sweep R back to front (8)

STEP HOLD, STEP HOLD, LEFT WALK AROUND TO 12:00 (These 8 counts are a 3/4 walkaround!)

1-2-3-4 Start turning left and step R forward (1) Hold (2) Continue turning left and step L forward (3)
Hold (4) 6:00

5-6-7-8 Continue to walk around R-L-R-L in a ½ arc to 12:00

(Opt Hand motions: When the song says "the skies are looking clear", as you walk around bring hands up and out like you are opening up curtains)

PART B (Dance B starting first at 12:00, then 9:00, then 6:00, then 3:00 - ends at 12:00)

ROCKING CHAIR, TWO 1/8 PIVOTS LEFT (WITH HIP ROLLS AND HAND MOTIONS)

1-2-3-4 Rock forward on R, replace back on L, rock back on R, replace forward on L

(Hand motions: roll hands/arms at chest level)

5-6-7-8 Step forward on R, pivot 1/8 turn left, step forward on R, pivot 1/8 turn left 9:00

(OPT: as you pivot, roll hips counter clockwise and make counter clockwise circles in the air with both arms)

WALK FORWARD 3 X AND HITCH, WALK BACK 2X COASTER

1-2-3-4 Step forward R-L-R, hitch left leg and clap

(As you walk forward, raise arms up gradually with palms up, clap on the hitch)

5-6-7&8 Step back L-R, step back on L, step R next to L, step L forward

(As you walk back, gradually bring arms down)

REPEAT B THREE MORE TIMES UNTIL YOU ARE FACING 12:00 AGAIN

ENDING: After the final 4 B's, do one more complete B to 9:00, then finish with a rocking chair and two pivot turns to 12:00

Thank you to Heather Detrick for her suggestions...

Questions, please contact me at jill@freespindance.com

This dance is easier than it sounds, please see full teach video posted on Copperknob and Youtube!
