I Believe I Can Fly



拍數: 24 編數: 4 級數: High Improver NC2S

編舞者: Donny Iswanto (INA), Maya Sofia (INA) & Herman Baso (INA) - April 2021

音樂: I Believe I Can Fly - R. Kelly



Start to dance after 36 counts intro or starts on lyrics No Tag, 1 Restart on wall 4 after 16 counts

S1# FORWARD - FORWARD LOCK SHUFFLE - FORWARD ROCK - RECOVER - BIG STEP - CROS BEHIND ROCK - RECOVER - ¼ FORWARD - FORWARD - ½ PIVOT AND SWEEP

1-2& step R forward, step L forward, lock R behind L3-4& step L forward, rock R forward, recover on L

5-6& big step R to side, rock L cross behind R, recover on R

7-8& \(\frac{1}{2}\) turn to left step L forward (9:00), step R forward, \(\frac{1}{2}\) turn to left step L in place and sweep R

from Back to front (3:00)

S2# WEAVE WITH SWEEP - CROSS BEHIND - SIDE - FORWARD - FORWARD TOUCH - ½ FLICK - FULL TURN - FORWARD - TOUCH BESIDE

1&2 cross R over L, step L to side, cross R behind L and sweep L from front to back

3&4 cross L behind R, step R to side, step L forward

5-8& touch R toe forward, ½ turn to left flick R (9:00), step R slightly forward and full turn to left,

step L forward, touch R toe together (9:00)

S3# FORWARD AND SWEEP - CROSS OVER - SIDE - $\frac{1}{4}$ FORWARD - FORWARD - $\frac{1}{2}$ PIVOT - $\frac{1}{2}$ DIAMOND

1-2& step R forward and sweep L from back to front, cross L over R, step R to side

3-4& 1/2 turn to left step L forward (6:00), step R forward, 1/2 turn to left step L in place (12:00)

5-6& 1/4 turn to left step R to side (9:00), 1/8 turn to left step back on L-R (7:30) 7-8& 1/8 turn to left step L to side (6:00), 1/8 turn to left walk on R-L (4:30)

(To continue the next wall, turn 1/8 to left and start all over again)

Enjoy the dance moves

Contact: hermanbaso.official@gmail.com