

Float And Fly

拍數: 32 牆數: 4 級數: Improver
編舞者: Lisa Andersson (SWE)
音樂: Straighten Up and Fly Right - Robbie Williams



TOE STRUT, SIDE STEP LEAN, TOE STRUT, SIDE STEP LEAN

- 1-2 Touch left toe over right, step down left heel. (weight on left)
3-4 Step right foot to right side and lean upper body diagonally to the left, while putting left toe up (left heel is touching the floor in the same place as before. All the weight on right, left is only for balance.)
5-6 Touch left toe over right, step down left heel. (weight on left)
7-8 Step right foot to right side and lean upper body diagonally to the left, while putting left toe up (left heel is touching the floor in the same place as before. All the weight on right, left is only for balance.)

ROCK, CROSS, STEP, KICK, STEP, CROSS, TURN ¼, SPIRAL TURN ½

- 1-2 Rock the weight onto left foot, cross right foot over left
3-4 Step left foot to left side, kick right foot diagonally forward to right
5-6 Step right foot to right side, cross left foot over right
7-8 Step right foot to right side while turning ¼ left, turn ½ left and hook your left foot in front of your knee

STEP, TOGETHER, STEP, KICK, TOE STRUT TURN ¼, TOE STRUT TURN ½

- 1-2 Step left forward, step right together
3-4 Step left forward, kick right foot forward
5-6 Turn ¼ right while pointing your right toe to right side, put weight on right
7-8 Turn ½ right while pointing your left toe to left side, put weight on left

SIDE BEHIND, ¼ TURN, FORWARD, ½ TURN, DIAGONAL FORWARD, LOCK RIGHT, SWEEP

- 1-2 Step right foot behind left, turn ¼ left and step left foot forward
3-4 Step right foot forward, turn ½ left while shifting weight onto left foot
5-6 Step right foot diagonally forward, lock left foot behind right
7-8 Step forward on right foot, sweep left foot in a half circle from the back to the front

REPEAT
