

Fly And Fall

拍數: 48 牆數: 4 級數: Intermediate/Advanced
編舞者: Ross Brown (ENG)
音樂: Everytime (Hi-Bias Radio Remix) - Britney Spears



ROCK & CROSS, ROCK & CROSS, SIDE CHASSE, ¾ TURN OVER TWO STEPS

1&2 Rock right to the right, recover onto left, cross step right over left
3&4 Rock left to the left, recover onto right, cross step left over right
5&6 Step right to the right, bring left up to right, step right to the right
7-8 Step left turning ¼ to the left, step back onto right turning ½ left

STEP & STEP, TOUCH, MODIFIED MONTEREY TURN

1-2& Step forward with left, hold, step right next to left
3-4 Step forward with left, touch right next to left
5-6 Point right to the right, place right next to left turning a ¼ right
7&8 Rock left to the left, recover onto right, cross step left over right

¾ TURN OVER TWO STEPS, SHUFFLE FORWARD, ROCK FORWARD, COASTER STEP

1-2 Step back onto right turning a ¼ left, step forward onto left turning ½ left
3&4 Step forward with right, bring left up to right, step forward with right
5-6 Rock forward with left, recover onto right
7&8 Step back with left, step right next to left, step forward with left

MAMBO FORWARD, MAMBO BACK, STEP, ½ PIVOT, STEP, ½ PIVOT

1&2 Rock forward with right, recover onto left, step back onto right
3&4 Rock back with left, recover onto right, step forward onto left
5-6 Step forward with right, pivot ½ left
7-8 Step forward with right, pivot ½ left

Alternative: rocking chair

5-6 Rock forward with right, recover onto left
7-8 Rock back with right, recover onto left

SCUFF FORWARD, SCUFF BACK, ½ TOE STRUT, ½ TOE STRUT, ½ TOE STRUT

1-2 Scuff forward with right, scuff back with left
3-4 Step forward onto right toe turning ½ right, place right heel
5-6 Step back onto left toe turning ½ right, place left heel
7-8 Step forward onto right toe turning ½ right, place right heel

ROCK FORWARD, COASTER SCUFF, ROCK FORWARD, COASTER CROSS

1-2 Rock forward with left, recover onto right
3&4 Step back with left, step right next to left, scuff left forward
5-6 Rock forward with left, recover onto right
7&8 Step back with left, step right next to left, cross step left over right

REPEAT

TAG

At the end of wall two, do the following tag. To make it easier change steps 7&8 of the last section to the following

7&8 Step back with left, step right next to left, step forward with left

COASTER CROSS CHANGE TO COASTER

1-2 Step forward with right, pivot ½ left

3-4 Step forward with right, pivot $\frac{1}{2}$ left

During wall five, after count 32 (mambo, mambo, step, pivot, step, pivot), do this tag once then restart the dance. You should be facing the 3:00 wall after you have done this tag

1-2 Step forward with right, step left next to right turning a $\frac{1}{4}$ right

3-4 Step back with right, step left next to right (feet shoulder width apart)

5-7 Repeat steps 1-3 of this tag

8 Cross step left over right
