

Flyin' High (P)

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 0 級數: Partner
編舞者: Rick Bates (USA) & Deborah Bates (USA)
音樂: We're Going to Ibiza! - Vengaboys



Position: Challenge Position. Man faces OLOD and Lady faces ILOD. Partners on opposite footwork

HEEL ROCK, SIDE STEP, BEHIND, PIVOT, FORWARD SHUFFLE, STEP TURN, TOGETHER

1-2 **MAN:** With feet in place, raise both hands up with palms out and fingers spread apart as you rock back onto heels of both feet, lifting up slightly on balls of both feet, rock forward onto balls of both feet bringing hands down and shift weight to right foot
LADY: With feet in place, raise both hands up with palms out and fingers spread apart as you rock back onto heels of both feet, lifting up slightly on ball of both feet, forward onto balls of both feet bringing hands down and shift weight to left foot

Man takes up lady's left hand in his right

3-4 **MAN:** Step to the left on left foot; cross right foot behind left and step
LADY: Step to the right on right foot; cross left foot behind right and step
& **MAN:** Pivot ¼ turn to the left on ball of right foot
LADY: Pivot ¼ turn to the right on ball of left foot

Partners now facing LOD in the Right Open Promenade Position, holding inside hands (man's right and lady's left)

5&6 **MAN:** Shuffle forward (left, right, left)
LADY: Shuffle forward (right, left, right)

Release inside hands. Man's right and lady's left

7-8 **MAN:** Step forward on right foot; pivot ½ turn to the left on ball of right foot and step left foot next to right
LADY: Step forward on left foot; pivot ½ turn to the right on ball of left foot and step right foot next to left

Partners now facing RLOD. Do not rejoin hands

DIAGONAL PUSH STEP, SIDE STEP, TOGETHER

9&10 **MAN:** Step back and diagonally to the right on right foot; push off of right foot and rock onto left foot in place; step right foot next to left
LADY: Step back and diagonally to the left on left foot; push off of left foot and rock onto right foot in place; step left foot next to right

Man takes up lady's right hand in his left. Raise man's left and lady's right as lady steps under upraised joined hands...

11-12 **MAN:** Step to the left on left foot; step right foot next to left
LADY: Step to the right on right foot; step left foot next to right

Man takes up lady's left hand in his right in the wrap position. Lady directly in front of man, both facing RLOD

MAN: TRIPLE STEP, STEP, TOGETHER, LADY: TRIPLE STEP, ½ TO THE RIGHT ROLLING TURN

13&14 **MAN:** Triple step in place (left, right, left)
LADY: Triple step in place (right, left, right)

Raise man's left hand and lady's right. Lady turns under upraised joined hands...

15-16 **MAN:** Step in place on right foot; step left foot next to right
LADY: Step forward on left foot and begin a ½ to the right rolling turn; step on right foot and complete ½ to the right rolling turn

Partners now facing each other in the double hand hold position. Man faces RLOD and lady faces LOD

MAN: ROCK STEP, ½ TO THE RIGHT DIAGONAL ROLLING TURN, LADY: ROCK STEP, FORWARD WALK

17-18 **MAN:** Step back on right foot; rock forward onto left foot

LADY: Step back on left foot; rock forward onto right foot

Release man's left hand and lady's right. Raise man's right hand and lady's left. Man turns under upraised joined hands

19-20

MAN: Step forward and diagonally to the right on right foot and begin a $\frac{1}{2}$ to the right rolling turn; step on left foot and complete $\frac{1}{2}$ to the right rolling turn

LADY: Step forward on left foot; step forward on right foot

Partners now in the Right Open Promenade Position facing LOD. Lady slightly ahead of man

MAN: DIAGONAL SHUFFLE, STEP, TOGETHER, LADY: FORWARD SHUFFLE, STEP, TOGETHER

Raise man's right hand and lady's left. Lady shuffles forward under upraised joined hands

21&22

MAN: Shuffle forward and diagonally to the right (right, left, right)

LADY: Shuffle forward (left, right, left)

Man takes up lady's right hand in his left in the wrap position. Lady directly in front of man, both facing LOD

23-24

MAN: Step in place on left foot; step right foot next to left

LADY: Step in place on right foot; step left foot next to right

SYNCOPATED SIDE ROCK STEPS, TOGETHER, $\frac{3}{4}$ ROLLING TURN, TRIPLE STEP

25&26

MAN: Step to the left on left foot; rock to the right onto right foot; step left foot next to right

LADY: Step to the right on right foot; rock to the left onto left foot; step right foot next to left

27&28

MAN: Step to the right on right foot; rock to the left onto left foot; step right foot next to left

LADY: Step to the left on left foot; rock to the right onto right foot; step left foot next to right

Release hands

29-30

MAN: Step to the left on left foot and begin a $\frac{3}{4}$ to the left rolling turn traveling to the left; step on right foot and complete $\frac{3}{4}$ to the left rolling turn

LADY: Step to the right on right foot and begin a $\frac{3}{4}$ to the right rolling turn traveling to the right; step on left foot and complete $\frac{3}{4}$ to the right rolling turn

Partners now facing each other in the challenge position. Man faces OLOD and lady faces ILOD

31&32

MAN: Triple step in place (left, right, left)

LADY: Triple step in place (right, left, right)

REPEAT
