

Flying Strait

拍數: 64 牆數: 4 級數:
編舞者: Rob Fowler (ES) & Ed Lawton (UK)
音樂: Peace of Mind - George Strait



STEP FORWARD, PIVOT ½ TURN, JAZZ BOX WITH ¼ TURN

S-S Step forward on right foot, pivot ½ turn to left
Q-Q-S Cross-step right foot over left, step back on left foot, step to right on right foot turning ¼ right

STEP FORWARD, PIVOT ½ TURN, ROCK STEP WITH ¼ TURN

S-S Step forward on left foot, pivot ½ turn to right
Q-Q-S Rock forward on left foot, rock back onto right foot turning ¼ left, step to left on left foot

CROSS RIGHT, STEP, LEFT, FBEHIND, TURN, STEP FORWARD RIGHT

S-S Cross-step right foot over left, step to left on left foot
Q-Q-S Cross-step right foot behind left, step to left on left foot turning ¼ left, step forward on right foot

½ TURN, ¼ TURN, LEFT BEHIND, TURN, STEP FORWARD RIGHT

S-S Pivot ½ turn to left, step forward on right foot turning ¼ left
Q-Q-S Cross-step left foot behind right, step to right on right foot turning ¼ right, step forward on left foot

FORWARD MAMBO STEPS WITH ½ TURN

Q-Q-S Step forward on right foot, pivot ½ turn to left, step forward on right foot
Q-Q-S Step forward on left foot, pivot ½ turn to right, step forward on left foot

KICKS WITH ¼ TURN TO RIGHT AND CROSS-STEP

Q-Q Kick right foot forward, step on right foot beside left
Q-Q Kick left foot forward, step on left foot beside right, turning ¼ right
Q-Q Kick right foot forward, step on right foot beside left
S Cross-step left foot over right

GRAPEVINE TO RIGHT, CROSS-ROCK WITH ¼ TURN TO LEFT

Q-Q-S Step to right on right foot, cross-step left foot behind right, step to right on right foot
Q-Q-S Cross-rock left foot over right, rock back and recover weight onto right foot, step to left on left foot turning ¼ left

RIGHT FORWARD COASTER-STEP

Q-Q-S Step forward on right foot, step on left foot beside right, step back on right foot

LEFT COASTER-STEP

Q-Q-S Step back on left foot, step on right foot beside left, step forward on left foot

REPEAT
