

Aiming High

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Maureen Jones (UK) & Michelle Jones (UK)
音樂: I'm Gonna Fly - Becky Baeling



ROCKS, ½ TURN SHUFFLE, ROCK, PRISSY STEPS

Counts 1-10 are danced on the diagonal that runs between 10:00 and 4:00

- 1-2 Rock right across left, recover weight back onto left
- 3-4 Rock right back, recover weight forward onto left
- 5&6 Making ½ turn left stepping right, left, right
- 7-8 Rock left back, recover weight forward onto right
- 9-10 Step left across right angling body slightly right, step right across left angling body slightly left

STEP, BOUNCE ¼ TURN, SAILORS

- &11-12 Step left forward (straightening up to 6:00 - i.e. You are now facing the back wall), bounce heels twice while making ¼ turn right
- 13&14 Step right behind left, step left to left, step right to right
- 15&16 Step left behind right, step right to right, step left to left

STEP, ½ TURN-KICK, BACK, ½ TURN-FLICK, SHUFFLE, KICK-BALL-BACK

- 17-18 Step forward on right, make ½ turn left and kick left forward (click fingers at shoulder height)
- 19-20 Step back on left, make ½ turn left and flick right back (click fingers at shoulder height)
- 21&22 Shuffle forward on right, left, right
- 23&24 Kick left forward, step ball of left beside right in-step, step back on right

SYNCOPATED DIAGONAL STEPS BACK, SWAYS, SIDE SHUFFLE

- 25&26 Step diagonally back on left, step right beside left, step left in place
- 27&28 Step diagonally back on right, step left beside right, step right in place
- 29-30 Step left to left swaying weight to left, sway weight to right
- 31&32 Step left to left, step right beside left, step left to left

REPEAT

TAG

Danced once after 9th wall when using Becky Baeling track only

DIAGONAL ROCKS

Danced on the diagonal that runs between 10:00 and 4:00

- 1-2 Rock right across left, recover weight back onto left
- 3-4 Rock right back, recover weight forward onto left