

How To Fly

拍數: 32 牆數: 4 級數: Intermediate
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音樂: A Broken Wing - Martina McBride : (CD: Greatest Hits or Evolution)



Introduction: 16 Counts

Sec. I (1- 8) FORWARD, FORWARD, & BACK, & TURN, TURN, ACROSS, & SIDE, ACROSS

1,2 RIGHT Step forward; LEFT Step forward
&,3 RIGHT Rock/Step forward; LEFT Recover/Step back
&,4 1/2 Turn R with RIGHT Step forward; 1/2 Turn R with LEFT Step back
5,6 1/4 Turn R with RIGHT Step side R; LEFT Step across front of R (3 o'clock)
&,7,8 RIGHT Rock/Step behind L; LEFT Step side L; RIGHT Step across front of L

Sec. II (9-16) BACK, TURN, & BEHIND, & ACROSS (syncopated vine), FORWARD, BACK, & LOCK, BACK

1,2 LEFT Rock/Step back; RIGHT Step forward with 1/4 Turn R (6 o'clock)
&,3 LEFT Step side L with 1/4 Turn R; RIGHT Step crossed behind R (9 o'clock)
&,4 LEFT Step side L; RIGHT Step across front of L
5,6 LEFT Rock/Step forward diagonal L; RIGHT Recover/Step back
&,7 LEFT Step back with 1/8 Turn L; RIGHT Lock/Step back and across front of L (6 o'clock)
8 LEFT Step back

*Restart

Sec.III (17-24) TURN, TURN, TURN/FORWARD-BACK-BACK-FORWARD [Rocking Chair], FORWARD, TURN, & LOCK, FORWARD

1,2 RIGHT Step side R with 1/4 Turn R; LEFT Step side with 1/2 Turn R
&,3 Turn 1/2 R with RIGHT Rock/Step diagonal R forward; LEFT Recover/Step back (9 o'clock)
&,4 RIGHT Rock/Step back; LEFT Recover/Step forward (Face centre)
5,6 RIGHT Step forward; Execute 1/2 Turn L with LEFT Step forward (3 o'clock)
&,7,8 RIGHT Step forward; LEFT Lock/Step forward and crossed behind R; RIGHT Step forward

* Easier Option Counts 1,2,&: Execute 1/4 Turn R, LEFT Step across front of R, R diagonal forward

Sec.IV (25-32) FORWARD, BACK, & ACROSS & ACROSS, TURN/SIDE, ROCK, & FORWARD, TURN

1,2 LEFT Rock/Step forward; RIGHT Recover/Step back
&,3 LEFT Step back diagonal L; RIGHT Step back and across front of L
&,4 LEFT Step back diagonal L; RIGHT Step back and across front of L
5,6 LEFT Step side L with 1/4 Turn L; RIGHT Rock/Step side R (12 o'clock)
&,7 LEFT Step crossed behind L; RIGHT Step forward with 1/4 Turn R (3 o'clock)
8 LEFT Toe/Ball Step forward then execute 1/2 Turn R (9 o'clock)

Begin Again

*Restarts:

On FOURTH Rotation, RESTART AFTER Count 16 (Sec.II), facing 9 o'clock wall

On SEVENTH Rotation, RESTART AFTER Count 16 (Sec.II) and ADD 4 Counts: R,L,R,L Sways diagonal forward and back, facing 9 o'clock wall

Ending: on Count 8 of Sec.II, execute 1/4 Turn L to face front with large Left Step side L. Extend arms out to side and Slide/drag Right Toe across front of L

Or Music: A Broken Wing by Jordin Sparks, Introduction: 16 Counts

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