

# How To Fly

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Michele Perron (CAN) - June 2007  
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

[Email](#) / [Website](#)