

# Parachute

拍數: 32                      牆數: 4                      級數: Intermediate  
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - January 2010  
音樂: Parachute - Cheryl : (CD: 3 Words)



4 count intro.....very quick start!) – 116bpm

**(1-8) R point, ½ R monterey turn & L flick, diagonal rocking chair, L cross shuffle**

1-2                      Touch R toes to R side, turning ½ right step R together and flick L foot back (6 o'clock)  
3-4                      Cross rock L over R on R diagonal, recover weight on R  
5-6                      Rock L back on L diagonal, recover weight on R  
7&8                      Cross step L over R, step R side, cross step L over R

**(9-16) R hitch & cross step R over L, hold, L side, R drag ball step, fwd R & L, hold with head movements (whip lash!)**

&1-2                      Lift/hitch R up, cross step R over L, hold  
3-4                      Step L side left (large step), drag R together (keeping weight on L)  
&5-6                      Step R back, step L forward, step R forward  
7&8                      Step L forward, hold

**Head movement on &8: Turn head R, then back forward with quick ¼ turns**

**(17-24) R fwd rock & recover, R back, L fwd flick, L back, R sweep into behind-side-cross, ¼ R hitching on L**

1-2&                      Rock R forward, recover weight on L, step R back  
3-4                      Flick L forward, step L back  
5                          Sweep R front to back  
6&7                      Cross step R behind L, step L side, cross step R over L  
7                          Turning ¼ right on R lift/hitch L (9 o'clock)

**(25-32) L cross rock & recover, L side, R cross rock & recover, R ball cross, ½ hinge bring feet together**

1-3                      Cross rock L over R, recover weight on R, step L side left  
4-5                      Cross rock R over L, recover weight on L  
&6                          Step R side, cross step L over R  
7-8                      Turning ¼ left step R back, turning ¼ left step together (3 o'clock)

**Tag: Occurs at end of 5th wall facing R side. Dance tag and start dance again.**

1-4                      Syncopated jazz box x 2  
1&2&                      Cross step R over L, step L back, step R side, step L together  
3&4&                      Cross step R over L, step L back, step R side, step L together

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