

Try to Fly

拍數: 32 牆數: 4 級數: Upper Beginner
編舞者: Chris Mann (AUS) - October 2010
音樂: I'll Try - Jonatha Brooke : (CD: Disney's Greatest Love Songs)



Begin with weight on left foot.

[1-4] Coaster forward, rock back, recover

1&2 Step right foot forward, left foot together, right foot back
3, 4 Step left foot back, replace weight on right foot

[5-8] Shuffle forward, pivot ½ left

5&6 Step forward left, right, left
7, 8 Step right foot forward, turn 180° left transferring weight to left foot

[9-12] Coaster forward, rock back, recover

1&2 Step right foot forward, left foot together, right foot back
3, 4 Step left foot back, replace weight on right foot

[13-16] Shuffle forward, pivot ½ left

5&6 Step forward left, right, left (*)
7, 8 Step right foot forward, turn 180° left transferring weight to left foot

[17-24] Sweep forward with point, sweep backward with point (aka extended Charleston)

1, 2 Sweep right foot and step forward, sweep left foot and step forward
3, 4 Sweep right foot and step forward, sweep left foot and point forward
5, 6 Sweep left foot and step back, sweep right foot and step back
7, 8 Sweep left foot and step back, sweep right foot and point back

[25-32] Side rock, recover, sailor ¼ turn right, rock forward, recover, shuffle ½ turn left

1, 2 Step right foot to right side, replace weight on left foot
3&4 Step right foot behind left, turn 90° right stepping left foot beside right, step right foot forward
5, 6 Step left foot forward, replace weight on right foot
7&8 Turn 180° right stepping forward left, right, left

[32] Repeat dance facing new wall

Restart:

On wall 5, dance up to count 14 (*) and begin the dance again.

Contact: (chris DOT mann AT velocitynet DOT com DOT au)