

Fly Freely

COPPERKNOB
BY STEPHENETS

拍數: 128 牆數: 1 級數: Phrased Improver
編舞者: Oda - April 2010
音樂: Fly Freely (自由飛翔) - Phoenix Legend (鳳凰傳奇)



Start after 16 counts. - Sequence: Intro 1, A, Intro 1, A, B, Tag 1, Intro 2, A, Tag 1, B, Intro 2, Tag 1, Tag 2, B, Ending

Intro 1 (32 counts)

Section I1: Forward Together, Punch X2, Forward Together, Punch X2

1,2,3,4 Step R forward, step L beside R, punch R hand across chest twice while looking L
5,6,7,8 Step R forward, step L beside R, punch L hand across chest twice while looking R

Section I2: Forward Together, Punch X2, Forward Together, Punch X2

1,2,3,4 Step R forward, step L beside R, punch both hands across chest twice while looking L
5,6,7,8 Step R forward, step L beside R, punch both hands across chest twice while looking R

Section I3: Side Behind, ¼ Turn Shuffle, Step Pivot ½ Turn, ¼ Turn, Jump X2

1-2 Step R to R side, step L behind R
3&4 Step R to R side, step L beside R, step R forward making ¼ turn R (3:00)
5-6 Step L forward, pivot ½ turn R taking weight on R (9:00)
&7 Step L to L side making ¼ R (12:00), step R beside L (punch R hand across chest)
&8 Step L to L side, step R beside L (punch R hand across chest)

Section I4: Side Behind, ¼ Turn Shuffle, Step Pivot ½ Turn, ¼ Turn, Jump X2

1-2 Step L to L side, step R behind L
3&4 Step L to L side, step R beside L, step L forward making ¼ turn L (9:00)
5-6 Step R forward, pivot ½ turn L taking weight on L (3:00)
&7 Step R to R side making ¼ L (12:00), step L beside R (punch L hand across chest)
&8 Step R to R side, step L beside R (punch L hand across chest)

A (32 counts)

Section A1: Diagonal Back With Chest Pump X2, Diagonal Back With Two Chest Pumps (X2)

1,2,3,4 Step R back to R diagonal and pump chest forward (face 1:30), step L back to L diagonal and pump chest forward (face 10:30), Step R back to R diagonal (face 1:30) and pump chest forward twice
5,6,7,8 Step L back to L diagonal and pump chest forward (face 10:30), step R back to R diagonal and pump chest forward (face 1:30), Step L back to L diagonal (face 10:30) and pump chest forward twice

Section A2: Cross Point X2, Touch Unwind ½ Turn X2

1,2,3,4 Cross R over L, touch L to L side, cross L over R, touch R to R side
5-6 Touch R behind L with bent knees, unwind ½ turn R taking weight on R (6:00)
7-8 Touch L behind R with bent knees, unwind ½ turn L taking weight on L (12:00)

Section A3: Jazz Box, Kick Ball Point X2

1,2,3,4 Cross R over L, step back on L, step back on R, step L beside R
5&6 Kick R forward (cross R hand over L in front), step R beside L, touch L back (punch both hands downward)
7&8 Kick L forward (cross L hand over R in front), step L beside R, touch R back (punch both hands downward)

Section A4: Heel Grind 1/8 Turn, Coaster Step, Heel Grind ¼ Turn, Coaster Step

- 1-2 Do R heel grind making 1/8 turn R (1:30)
- 3&4 Step R back, step L beside R, step R forward
- 5-6 Do L heel grind making ¼ turn L (10:30),
- 7&8 Step L back, step R beside L, step L forward squaring back to 12:00 wall

B (32 counts)

Section B1: Out Out In In, Side Touch X2

- 1-2 Step R to R diagonal (raise R hand up to R diagonal), step L to L diagonal (raise L hand up to L diagonal)
- 3-4 Step R back (place R palm on L of chest), step L beside R (cross L hand over R hand)
- 5-6 Step R to R side (face 1:30, extend hands in a line with L hand up and R hand down), touch L beside R
- 7-8 Step L to L side (face 10:30, extend hands in a line with R hand up and L hand down), touch R beside L

Section B2: Step Drag Together, Heel Swivels (X2)

- 1-2 Big step R to R side (raise hands up to L diagonal), drag L to step beside R (pull hands down)
- 3&4& Swivel heels LRLR
- 5-6 Big step L to L side (raise hands up to R diagonal), drag R to step beside L (pull hands down)
- 7&8& Swivel heels RLRL

Section B3: Walk Forward X3, Kick, Walk Back X3, Touch

- 1,2,3,4 Walk forward RLR, kick L forward (extend hands forward and raise up over 4 counts)
- 5,6,7,8 Walk backward LRL, touch R beside L (bring hands in to cross L hand over R hand)

Section B4: Side Together Side Touch X2

- 1-2 Step R to R side, step L beside R (hands make circle from L to front to R)
- 3-4 Step R to R side, touch L beside R (hands make circle from L to front to R)
- 5-6 Step L to L side, step R beside L (hands make circle from R to front to L)
- 7-8 Step L to L side, touch R beside L (hands make circle from R to front to L)

Tag 1 (4 counts)

Scuff Step, Heel Splits

- 1-2 Scuff R forward, step R to R side
- 3&4& Fan heels out in out in

Intro 2 (32 counts)

Section I-1 Side Touch X2, Side ¼ Turn Touch, Back Touch

- 1-2 Step R to R side (swing hands to side), touch L behind R (cross hands in front of body)
- 3-4 Step L to L side (swing hands to side), touch R behind L (cross hands in front of body)
- 5-6 Step R to R side, touch L back making ¼ turn L (9:00) (push R hand forward)
- 7-8 Step L back, touch R back (push L hand forward)

Section I-2 Walk X4 Making ¾ Turn, ½ Turn Step Drag Together, Heel Swivels

- 1-2 Step R forward, step L forward making ¼ turn L (6:00)
- 3-4 Step R forward making ¼ turn L (3:00), step L forward making ¼ turn L (12:00)
- 5,6,7&8 Big step R to R side making ½ turn L (6:00) (raise hands up to L diagonal), drag L to step beside R (pull hands down), swivel heels LRL

Section I-3 Side Touch X2, Side ¼ Turn Touch, Back Touch

- 1-2 Step R to R side (swing hands to side), touch L behind R (cross hands in front of body)
- 3-4 Step L to L side (swing hands to side), touch R behind L (cross hands in front of body)
- 5-6 Step R to R side, touch L back making ¼ turn L (3:00) (push R hand forward)
- 7-8 Step L back, touch R back (push L hand forward)

Section I-4 Walk X4 Making $\frac{3}{4}$ Turn, $\frac{1}{2}$ Turn Step Drag Together, Heel Swivels

- 1-2 Step R forward, step L forward making $\frac{1}{4}$ turn L (12:00)
3-4 Step R forward making $\frac{1}{4}$ turn L (9:00), step L forward making $\frac{1}{4}$ turn L (6:00)
5,6,7&8 Big step R to R side making $\frac{1}{2}$ turn L (12:00) (raise hands up to L diagonal), drag L to step beside R (pull hands down), swivel heels LRL

Tag 2 (16 counts)

Count 1 to 16 of Intro 1

Ending (20 counts)

Count 1 to 16 of Intro 1 + the following 4 counts

- 1&2,3,4 Swivel heels RLR, throw R hand up into air and pose
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