拍數： 32
骶數： 2
級數：Intermediate
編舞者：Val Parry（UK）－September 2011
音樂：How It Feels to Fly－Alicia Keys ：（Album：The Element of Freedom）

## INTRO－ 16 －Starts on Main Vocals

Sway LRL，Side Back－Rock，Hinge $1 / 2$ turn，Back－Rock，Hinge $1 / 2$ turn

| $1-2 \&$ | Stepping Left foot to left side sway left right left |
| :--- | :--- |
| $3-4 \&$ | Step Right foot Long step to right，Rock back on Left，Recover weight on Right |
| $5-6$ | Turn $1 / 4$ left stepping forward on Left，Turn $1 / 4$ left stepping Right foot to side |
| $7 \&$ | Rock back on Left，Recover weight on Right |
| $8 \&$ | Turn $1 / 4$ right stepping back on Left，Turn $1 / 4$ right stepping Right foot to side |

Cross，side，Cross Unwind，Weave，Side Rock x2，Syncopated weave
1－2 Cross Left over Right，Step Right to right side
\＆3 Cross Left over right，unwind $1 / 2$ turn with weight on Left foot
4 \＆ $5 \quad$ Cross Right behind Left，Step Left to left Side，Cross Right in front of Left
6\＆Rock Left to left side，Recover weight on Right，
7\＆Rock Left to left side，Recover weight on Right，
8\＆1 Cross Left behind Right，Step Right to right side，Cross Left in front of Right
Turn Right $3 / 4$ ，Back－Rock，Full Turn，Step forward，Forward－rock，Side－Rock
2－3 Turn $1 / 4$ right stepping forward on Right，Turn $1 / 2$ right stepping back on Left
4\＆Rock back on Right，Recover weight on Left，
5\＆Make $1 / 2$ turn left stepping back on Right，Make $1 / 2$ turn left stepping forward on Left
6－7\＆Step forward on Right，Rock Left forward，recover weight on Right
8\＆Left to left Side，Recover weight on Right
Back－rock $1 / 4$ ，Step Pivot Step，Forward－rock，Full Triple Turn，Side，Touch
1－2\＆Rock Left behind Right，Recover on Right，Turn $1 / 4$ left stepping forward on Left
3－4\＆Step forward on Right，Turn $1 / 2$ left taking weight on Left，Step forward on Right
5－6 Rock Forward on Left，Recover weight on Right
\＆7\＆Make a Full triple turn left on the spot stepping Left，Right Left
8\＆
Step slightly to the right the on Right，Touch Left next to Right
No Tags or Restarts．Finishes at the front naturally so no special ending

