

Flying Without Wings

拍數: 32 牆數: 4 級數: Intermediate NC2
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - 2011
音樂: Flying Without Wings - Westlife



“Celebrating 20 Years of Dance”

Quick start on the vocals when he sings ‘Everybody’s looking for that SOMETHING.....
Start on the first syllable of something – SOME) – 146bpm – 3:37mins

[1-8] R NC basic, full backward turn R, R & L back rock-recover-sides

1-2& Step R side, rock L back, recover weight on R
3-4 Turning ¼ right step L back, turning ½ right step R forward
& Turning ¼ right step L side (12 o’clock)

(Non-turning option 3-4&: grapevine L 3)

5-6& Rock R back, recover weight on L, step R side
7-8& Rock L back, recover weight on R, step L side

[9-17] R cross unwind ¾ L, L sweep into L coaster, run 2, R press/recover, travelling back ball cross, R coaster step

1 Cross R over L & unwind ¾ left with weight ending on R (3 o’clock)
2&3 (Optionally L sweep into), step L back, step R together, step L forward
4& Two quick walking step forward R, L
5-6 Press R forward, recover weight on L
&7 Travelling back (body angled slightly to R): step R back, cross step L over R

Turning option: full turn right – turning ½ R step forward, turning ½ R step L back

8&1 Step R back, step L together, step R forward (straighten up to face forward in line of dance)

[18-24] L fwd mambo, R rock back/recover turning ½ L step R back, L sailor step, R cross rock/recover

2&3 Rock L forward, recover weight on R, step L back
4& Rock R back, recover weight on L
5 Turning ½ left step R back (9 o’clock)
6&7 Cross step L behind R, step R side, step L side
8& Cross rock R over L, recover weight on L

[25-32] 1& ¼ R turn, ¼ R & ¼ pivot R, L cross step, R NC basic, L side, R cross unwind full turn L

1 Turning ¼ right step R forward (12 o’clock)
2& Turning ½ right step L back, turning ½ right step R forward (12 o’clock)

(Non-turning option: quick steps fwd L, R)

3-4 Turning ¼ right step L to side, recover weight on R (3 o’clock)
&5 Cross step L over R, step R side
6&7 Rock L back, recover weight on R, step L side
8& Cross step R over L, unwind a full turn left with weight ending on L (3 o’clock)

(Non-turning option: R cross rock/recover)