

Flying Without Wings

COPPER **NOB**
BY STEPHEN

拍數: 32 牆數: 2 級數: Beginner - NC2
編舞者: Judy Rodgers (USA) - June 2012
音樂: Flying Without Wings - Westlife



(NO tags or restarts - options have been included for beginner-intermediate dancers)

Intro: Almost immediate...start on the word 'SOMething'

NC BASIC, STEP ¼ TURN STEP TOGETHER STEP, STEP ROCK RECOVER, WALK BACK L R

1-2& Step R large step to right side, rock L back, recover R
3-4& Step L large step to left side, turn ¼ right step R beside L, step L slightly forward 3:00
5-6& Step R forward, Rock forward L, Recover R
7-8 Walk back L R
* harder option 7-8 turn ½ left step L forward, turn ½ left step R back

BEHIND SIDE CROSS, ROCK RECOVER, SAILOR TURN ½ L, SKATE, SKATE

1-2& Sweep L behind R, step R to right side, cross L over R
3-4 Rock R to right side, recover L
5&6 Turning ½ right sweep R behind L, step L to left side, step R to right side 9:00
7-8 Skate forward L R

CROSS ROCK SIDE, CROSS ROCK TURN ¼, ROCK RECOVER TURN ½, STEP RUN RUN

1-2& Cross rock L over R, recover R, step L to left side
3-4& Cross rock R over L, recover L, turn ¼ right step R forward 12:00
5&6 Rock L forward, recover R, turn ½ left step L forward 6:00
7&8 Step R forward, run L, run R
* harder option 7&8 turn ½ left step R back, turn ½ left step L forward, step R forward

ROCK RECOVER TURN ¼, CROSS, SIDE, BEHIND TURN ¼ STEP, PIVOT ½ WALK R L

1-2& Rock L forward, recover to R, turn ¼ left step L to left side 3:00
3-4 Cross R over L, step L to left
5&6 Cross R behind L, turn ¼ left step L forward, step R forward 12:00
7&8 Turn 1/2 left step L forward, walk forward R L 6:00
* harder option 7&8 Turn ½ left step L fwd, turn ½ left step R back, turn ½ left step L fwd

Repeat