

Fallin' & Flyin'

拍數: 64 牆數: 4 級數: Intermediate ECS
編舞者: Gaëlle CLEMENT (FR) - May 2012
音樂: Fallin' & Flyin' - Colin Farrell & Jeff Bridges : (soundtrack of film Crazy Heart - iTunes)



Introduction - after 32 counts (on the words)

[1-8] R KICK "OUT OUT", L SWIVET, L KICK, "OUT OUT", R SWIVET

1&2 Kick RF in front, step to R right side, step LF to Left side
3 - 4 Weight on R ball and L heel ; pivot R&L both sets of toes at the same time to the L. Recover centre (weight R)
5&6 Kick LF in front, step to L side, RF to Right side
7-8 Weight on L ball and R heel, pivot both sets of toes at the same time to the R. Recover centre (weight L)

[9 - 16] R COASTER STEP, SPIRAL TURN R, R TRIPLE STEP FWD, L ROCK FWD, RECOVER R

1&2 Step R ball behind, step L ball beside R, step RF in front
3-4 Step LF in front, cross RF in front of L ankle make a full turn (weight stays on LF)
5&6 Step RF fwd, step LF behind RF, step RF fwd
7-8 Rock step LF in front, recover RF Easy option : 3-4 LF in front, kick RF in front

[17-24] L FULL TURN, L TRIPLE ½ TURN, R CROSS ROCK RECOVER LF, ¼ TURN R, L TOUCH

1-2 Pivot ½ turn L on ball of RF, LF in front pivot ½ turn to L on ball of LF, RF behind
3&4 ½ turn L, pivot on ball of RF (weight RF), step LF in front, step RF behind, step LF in front. (6:00)
5-6 Cross RF in front of LF (rock), recover LF
7-8 ¼ turn R, step RF to R, touch LF beside RF (weight RF) (9:00)

Easy option

1-2 ½ turn L on R ball, step RF in front
3&4 step LF in front, step RF behind LF, step LF in front

[25-32] STEP SIDE L, RHEEL & TOE SWIVELS, L TOE TOUCH, STEP SIDE R, L HEEL & TOE SWIVELS, TOGETHER

1 Step LF to L side
2-3-4 Pivot R heel to L, pivot R toe to L, touch R toe to LF (weight LF)
5 - Step RF to R side.
6-7-8 Pivot L heel to R, pivot L toe to R, step together (weight L)

* *Restarts here on 2,5 & 6 walls

[33-40] R KICK BALL CROSS, R MONTEREY ½ TURN, TRIPLE L, ROCK BACK R, RECOVER L

1&2 Kick LF diagonally R, step R ball beside L, cross LF in front of RF (weight LF)
3-4 Point LF to L side, step RF beside LF, step LF to L side. (3:00)
5&6 Step LF to L side, step RF beside LF, step LF to L side.
7-8 Step RF (rock) behind, recover on LF

[41-48] ½ TURN, R CROSS SHUFFLE, L SIDE ROCK RECOVER R, BEHIND SIDE CROSS

1-2 ¼ turn L, step RF behind, ¼ turn L, step LF to L side (9:00)
3&4 Cross RF in front of LF, step LF to L side, cross RF in front of LF
5-6 Step LF to L side (rock), recover RF
7&8 Cross LF behind RF, step RF to R side, cross LF in front of RF

[49-56] R SCISSORS, ¼ TURN L, L ROCK R RECOVER, STEP FWD R, L COASTER STEP, R HEEL HOOK

1&2 Step RF to R side, step LF beside RF, ¼ turn to L side, step RF in front
3-4 step LF in front, recover LF
5&6 Step LF behind, step RF beside LF, step LF in front
7-8 Touch R heel in front, hook RF in front of L ankle

[57-64] R TOE TOUCH FWD, R TOE TOUCH R SIDE, R SAILOR STEP ¼ TURN, L HOOK COMBINATION, TOGETHER

1-2 Touch R foot in front, touch RF to R side
3&4 Cross RF behind LF, ¼ turn R, step LF to L side, step RF to R side (3:00)
5-6-7 Touch L heel diagonally in front of RF, Hook L heel in front of R ankle, Touch L heel Diagonally in front of RF
8 Step LF beside RF (weight LF)

Start again and keep smiling!

TAG - end of 4th wall at 12:00

JAZZ BOX ½ TURN, STEP ½ TURN

1-2-3-4 Cross RF over LF, step back LF, step RF beside LF, step LF in front
5-6 Step RF in front, ½ turn L, step LF in front
7-8 Step RF in front, ½ turn L, step LF in front.

***RESTART 1 - on 2nd wall at 6:00**

***RESTART 2 - on 5th wall at 9:00**

***RESTART 3 - on 6th wall at 6:00**

**FINAL - Section 4 (counts 25-28) at 3:00 Make a jazz box ¼ turn instead of L side heel and toe swivel
L JAZZ BOX ¼ TURN**

1-2-3-4 Cross LF to R side, ¼ turn L step RF behind, step LF to L, step RF in front.

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