

Fly High!!

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Alexis Strong (UK) - October 2013
音樂: Let Me Go - Gary Barlow



[1-8] SIDE TOGETHER SIDE CLOSE SIDE, JAZZ BOX CROSS

1-2 Step R to R side, Step L together
3&4 R to R side, Step L together, R to R Side
5-6 L Cross over R, R step back
7-8 Step L to L side, Cross R over L.

[9-16] SIDE TOGETHER SIDE CLOSE SIDE, JAZZ BOX STEP FORWARD

1-2 Step L to L side, Step R together
3&4 L to L side, Step R together, L to L side
5-6 R Cross over L, L step back
7-8 Step R to R side, Step L forward.

[17-24] ROCKING CHAIR, ½ HOOK FORWARD LEFT SHUFFLE

1-2 Rock R forward, Step L back
3-4 Rock R back, Step L forward
5-6 Step R forward, ½ Turn to L hooking L
7&8 Step L forward, Step R together, Step L forward

[25-32] FORWARD RIGHT ROCK, ½ TURN SHUFFLE, ½ TURN SHUFFLE, RIGHT ROCK BACK

1-2 Rock forward R, Step L back
3&4 ½ stepping on R, Step L together, Step R forward
5&6 ½ stepping back on L, Step R together, Step L back
7-8 Rock R back, Recover weight onto L

[33-40] RIGHT SIDE TOGETHER, FORWARD RIGHT SHUFFLE, STEP L TOUCH R STEP R TOUCH L

1-2 Step R to R side, Step L together
3&4 Step R forward, Step L together, Step R forward
5-6 Step L to L side, Touch R to L
7-8 Step R to R side, Touch L to R

[41-48] LEFT SIDE TOGETHER, FORWARD LEFT SHUFFLE, MONTERAY ¼ RIGHT, TOUCH L OUT AND IN

1-2 Step L to L side, Step R together
3&4 Step L forward, Step R together, Step L forward
5-6 Point R to R side, ¼ Stepping onto R
7-8 Point L to L side, Touch L to R

[49-56] CHASSE LEFT, RIGHT ROCK BACK RECOVER, ¼ RIGHT SHUFFLE, ½ LEFT SHUFFLE

1&2 Step L to L side, Step R together, Step L to L side
3-4 Rock back on R, Recover weight onto L
5&6 ¼ to L stepping back on R, Step L together, Step back on R
7&8 ½ to L stepping on L, Step R together, Step L forward

[57-64] RIGHT STEP ½ TURN, RIGHT KICK BALL CHANGE, RIGHT JAZZ BOX CROSS

1-2 Step R forward, ½ L stepping on L
3&4 Kick R forward, Step R back, Step L Back
5-6 Cross R over L, Step L back

7-8 Step R to R side, Cross L over R

Restart Wall 2: After Count 44 (After Forward Left Shuffle)

Restart Wall 4: After Count 8 (Replace Count 8 With A Right Touch Instead Of A Cross)

Restart Wall 6: After Count 8 (Replace Count 8 With A Right Touch Instead Of A Cross)

Tag: After Count 36 ON WALL 8 FACING 12 O CLOCK

1,2, 3&4 Left Side, Together, Forward Left Shuffle. - Then Restart The Dance

End Dance On Wall 10 After Count 28 By Doing A ½ Turn Pivot To Face The Front

Enjoy!!
