

Fly High

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Maggie Gallagher (UK) - October 2013
音樂: Let Me Go - Gary Barlow : (available from 17 Nov 2013)



Intro: 8 counts (4 secs)

S1: STEP, ½ PIVOT, WALK, ½, ½ SHUFFLE, ROCK FWD, RECOVER

1-2 Step forward right, ½ pivot left [6:00]
3-4 Walk forward right, ½ right stepping back on left [12:00]
5&6 ½ right stepping forward right, Step left next to right, Step right forward [6:00]
7-8 Rock forward left, Recover on right

S2: JUMP BACK, BACK, ROCK BACK, RECOVER, STEP, ¼ PIVOT, CROSS SHUFFLE

&1-2 Jump back and slightly out on left, Jump back and slightly out on right, Walk back on left
3-4 Rock back on right, Recover on left
5-6 Step forward on right, ¼ pivot left [3:00]
7&8 Cross right over left, Step left to left side, Cross right over left

S3: SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE ROCK, RECOVER, R SAILOR

1-2 Rock left to left side, Recover on right
3&4 Cross left over right, Step right to right side, Cross left over right
5-6 Rock right to right side, Recover on left
7&8 Cross right behind left, Step left to left side, Step right next to left

S4: TOUCH L BACK, UNWIND, STEP, ½ PIVOT, WALK R,L, R KICK BALL CHANGE

1-2 Touch left behind right, Unwind ½ left (weight on left) [9:00]
3-4 Step forward right, ½ pivot left [3:00]
5-6 Walk forward right, Walk forward left
7&8 Kick right forward, Step right next to left, Step left next to right

S5: HEEL GRIND, BALL CROSS, ¼, ½, ¼, L CHASSE

1-2 Right heel grind across left travelling to left side, Step left to left side
&3-4 Step right next to left, Cross left over right, ¼ left stepping back right [12:00]
5-6 ½ left stepping forward left, ¼ left stepping right to right side [3:00]
7&8 Step left to left side, Step right next to left, Step left to left side ** Restart Wall 6 [6:00]

S6: CROSS ROCK, SIDE ROCK, JAZZ BOX CROSS

1-2 Cross rock right over left, Recover on left
3-4 Rock right to right side, Recover on left * Restart Wall 2 [6:00]
5-6 Cross right over left, Step back left
7-8 Step right to right side, Cross left over right

S7: STOMP, HOLD, BEHIND SIDE CROSS, STOMP, HOLD, BEHIND SIDE CROSS

1-2 Stomp right to right side, HOLD
3&4 Cross left behind right, Step right to right side, Cross left over right
5-6 Stomp right to right side, HOLD
7&8 Cross left behind right, Step right to right side, Cross left over right

S8: R POINT, HOLD & L POINT, HOLD & R ROCKING CHAIR

1-2 Point right to right side, HOLD
&3-4 Step right next to left, Point left to left side, HOLD

&5-6 Step left next to right, Rock forward on right, Recover on left
7-8 Rock back on right, Recover on left

RESTART: *Wall 2 after 44 counts

TAG: At the end of Walls 3 & 4 repeat the last 8 counts

RESTART: **Wall 6 after 40 counts

ENDING: Wall 8 after count 30 walk forward R (i.e. the dance finishes walking RLR) [12:00]

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