

# 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]**

**Contact: [www.maggiieg.co.uk](http://www.maggiieg.co.uk)**

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