Keep Flying

Count: 144 **Wall:** 1 **Level:** Phrased Intermediate

Choreographer: Sae Min (MY), Janice Khoo (MY), Jennifer Choo Sue Chin (MY), Jaszmine Tan (MY), EWS Winson (MY), Rebecca Lee (MY) & Ivan Lim (MY) - June 2020

Music: Keep Flying - Sasi The Don, Jaclyn Victor, Caprice & Alvin Chong

Intro: 32 counts in (approx. 0.17 sec)
Sequence: A, B, C, D, A, B, C, D, B, C, B

Part A (32 counts)
#A1 (1-8) R Ball, L Side Point, Snake Roll with L Sit, R Rolling Vine (R), L Side Point

&1	Close RF beside LF (&), point L toes to L side (1) 12.00
2-4	Roll body from R to L for 3 counts transferring weight on LF ended with L knee slightly bent in a sitting position (2-3-4) 12.00
5-8	Turn ¼ R stepping RF forward (5), turn ½ R stepping LF back (6), turn ¼ R stepping RF to R side (7), point L toes to L side (8) 12.00

#A2 (9-16) L Ball, R Forward, R-L Tic Tac ½ (L), R Flick, R Forward Scuff, R Forward Rock with Hips Pushed, L Back Rock with Hips Pushed, R Forward Rock with Hips Pushed & L Flick

&1	Close LF beside RF (&), step RF forward (1) 12.00
2-4	Swivel L heel in towards RF turning ¼ L (2), swivel R heel out to R side turning ¼ L (3), flick RF back (4) 6.00
5-8	Scuff RF forward (5), rock RF forward pushing hips forward (6), rock LF back pushing hips backward (7), rock RF forward pushing hips forward while flicking LF back (8) 6.00

#A3 (17-24) L-R Cross Points, L Cross, R Side, L Behind, ¼ (R) with R Forward, L Forward

1-4	Cross LF over RF (1), point R toes to R side (2), cross RF over LF (3), point L toes to L side (4) 6.00
5	Cross LF over RF (5) 6.00
6&7	Step RF to R side (6), cross LF behind RF (&), turn ¼ R stepping RF forward (7) 9.00
8	Step LF forward (8) 9.00

#A4 (25-32) Completing L Pivot ½ (R), ¼ (R) with L Side, R Behind, L Side, R Cross, L Side Rock & Recover, L Cross Shuffle

1-2	With LF remains stepping forward: Turn ½ R over R shoulder (1), turn ¼ R stepping LF to L side (2) 6.00
3&4	Cross RF behind LF (3), step LF to L side (&), cross RF over LF (4) 6.00
5-6	Rock LF to L side (5), recover weight on RF (6) 6.00
7&8	Cross LF over RF (7), step RF to R side (&), cross LF over RF (8) 6.00

Part B (32 counts)
#B1 (1-8) R-L Side Touches, R Paddle Full Turn (L) with R Hitched & Side Pointed

1-4	Step RF to R side (1), touch L toes beside RF (2), step LF to L side (3), touch R toes beside LF (4) 6.00
&5&6	Lift R knee beside LF (&), turn ¼ L pointing R toes to R side (5), lift R knee beside LF (&), turn ¼ L pointing R toes to R side (6) 12.00
&7&8	Lift R knee beside LF (&), turn ¼ L pointing R toes to R side (7), lift R knee beside LF (&), turn ¼ L pointing R toes to R side (8) 6.00

#B2 (9-16) R Cross, L Side, R Sailor ½ (R) with R Forward, L Forward Rock & Recover, L Coaster Step

1-2	Cross RF over LF (1), step LF to L side (2) 6.00
3&4	Turn ½ R crossing RF behind LF (3), step LF to L side (&), step RF forward (4) 12.00
5-6	Rock LF forward (5), recover weight on RF (6) 12.00
7&8	Step LF back (7), close RF beside LF (&), step LF forward (8) 12.00

#B3 (17-24) R-L Side Touches, R Paddle Full Turn (L) with R Hitched & Side Pointed

1-4	Step RF to R side (1), touch L toes beside RF (2), step LF to L side (3), touch R toes beside LF (4) 12.00
&5&6	Lift R knee beside LF (&), turn ¼ L pointing R toes to R side (5), lift R knee beside LF (&), turn ¼ L pointing R toes to R side (6) 6.00
&7&8	Lift R knee beside LF (&), turn ¼ L pointing R toes to R side (7), lift R knee beside LF (&), turn ¼ L pointing R toes to R side (8) 12.00

#B4 (25-32) R Forward Rock & Recover, R Shuffle ½ (R), L Pivot ½ (R), L Forward Shuffle

1-2	Rock RF forward (1), recover weight on LF (2) 12.00
3&4	Turn ¼ R stepping RF to R side (3), step LF next to RF (&), turn ¼ R stepping RF forward (4) 6.00
5-6	Step LF forward (5), turn ½ R over R shoulder (6) 12.00
7&8	Step LF forward (7), step RF next to LF (&), step LF forward (8) 12.00

Part C (32 counts)

#C1 (1-8) R Cross Samba, L Cross, ¼ (L) with R Back, L Side, R Cross, R&L Knee Pop, L Side, R&L Knee Pop

1&2	Cross RF over LF (1), rock LF to L side (&), recover weight on RF (2) 12.00
3&4	Cross LF over RF (3), turn ¼ L stepping RF back (&), step LF to L side (4) 9.00
5&6	Cross RF over LF (5), pop both knees forward (&), recover both feet in place (6) 9.00
7&8	Step LF to L side (7), pop both knees forward (&), recover both feet in place (8) 9.00

#C2 (9-16) R Cross Rock & Recover, R Chasse ¼ (R), L Pivot ½ (R), L-R-L Forward Run

1-2	Cross rock RF over LF (1), recover weight on LF (2) 9.00
3&4	Step RF to R side (3), step LF next to RF (&), turn ¼ R stepping RF forward (4) 12.00
5-6	Step LF forward (5), turn ½ R over R shoulder (6) 6.00
7&8	Run forward on LF-RF-LF (7-&-8) - like forward Boogie Run 6.00

#C3 (17-24) R Forward Point & Hip Bumps, R Coaster Step, L Forward Point & Hip Bumps, L Coaster Step

1&2	Point R toes forward bumping hips forward (1), recover weight on LF bumping hips backward (&), bump hips forward keeping R toes pointed forward (2) 6.00
3&4	Step RF back (3), close LF beside RF (&), step RF forward (4) 6.00
5&6	Point L toes forward bumping hips forward (5), recover weight on RF bumping hips backward (&), bump hips forward keeping L toes pointed forward (6) 6.00
7&8	Step LF back (7), close RF beside LF (&), step LF forward (8) 6.00

#C4 (25-32) R Side Rock & Recover, R Behind, L Side, R Cross, L Side Rock & Recover, L Sailor ½ (L) with L Forward

1-2	Rock RF to R side (1), recover weight on LF (2) 6.00
3&4	Cross RF behind LF (3), step LF to L side (&), cross RF over LF (4) 6.00
5-6	Rock LF to L side (5), recover weight on RF (6) 6.00
7&8	Turn ½ L crossing LF behind RF (7), step RF to R side (&), step LF forward (8) 12.00

Part D (48 counts)

#D1 (1-8) R-L Forward Walk, R-L Syncopated Out Steps, R Ball, L Forward, L&R Heel Swivel ¼ (R) & ¼ (L) with R Sweep, R Modified Jazz Box

1-2	Walk forward on RF (1), walk forward on LF (2) 12.00
&3&4	Step RF to R side (&), step LF to L side (3), step RF in (&), step LF forward slightly crossing over RF (4) 12.00
5-6	Turn ¼ R over R shoulder twisting both heels to L side (5), turn ¼ L over L shoulder twist heels to R side while sweeping RF from back to front (6) 12.00
7&8	Cross RF over LF (7), step LF back (&), step RF to R side (8) 12.00

#D2 (9-16) L Mambo ¼ (L) with L Side, R Cross Shuffle, ¼ (L) with L Forward Rock & Recover, ¼ (L) with L Side, R Cross Shuffle

1&2	Rock LF forward (1), recover weight on RF (&), turn ¼ L stepping LF to L side (2) 9.00
3&4	Cross RF over LF (3), step LF to L side (&), cross RF over LF (4) 9.00
5&6	Turn ¼ L rocking LF forward (5), recover weight on RF (&), turn ¼ L stepping LF to L side (6) 3.00
7&8	Cross RF over LF (7), step LF to L side (&), cross RF over LF (8) 3.00

#D3 (17-24) L Forward Diagonal Press, R Recover with L Forward Diagonal Kick, L Behind, R Side, L Cross, R Forward Diagonal Press, R Hitch, R Sailor Step

1-2	Press LF forward to L diagonal (1), recover weight on RF kicking LF forward to L diagonal (2) 3.00
3&4	Cross LF behind RF (3), step RF to R side (&), cross LF over RF (4) 3.00
5-6	Press RF forward to R diagonal (5), lift R knee beside LF (6) 3.00
7&8	Cross RF behind LF (7), step LF to L side (&), step RF to R side (8) 3.00

#D4 (25-32) L-R Syncopated Forward Skates, L Forward Mambo, R&L Back Jump X2

1&2	Skate LF-RF-LF forward (1-&-2) 3.00
3&4	Skate RF-LF-RF forward (3-&-4) 3.00
5&6	Rock LF forward (5), recover weight on RF (&), close LF beside RF (6) 3.00
7-8	Jump back 2x with both feet together (7-8) 3.00

#D5 (33-40) R-L Forward Walk, R Chase ½ (L) with R Forward, L-R Forward Walk, L Chase ½ (R) with L Forward

1-2	Step RF forward (1), step LF forward (2) 3.00
3&4	Step RF forward (3), turn ½ L over L shoulder (&), step RF forward (4) 9.00
5-6	Step LF forward (5), step RF forward (6) 9.00
7&8	Step LF forward (7), turn ½ R over R shoulder (&), step LF forward (8) 3.00

#D6 (41-48) ¼ (R) with R Cross Samba, L Cross Samba, R-L Walk ½ (L)

1&2	Turn ¼ R crossing RF over LF (1), rock LF to L side (&), recover weight on RF (2) 6.00
3&4	Cross LF over RF (3), rock RF to R side (&), recover weight on LF (4) 6.00
5-8	Walk ½ L over L shoulder for 4 counts on RF-LF-RF-LF (5-6-7-8) 12.00

Last Update - 30 June 2020
