Learning to Fly

1.2

3&4

5,6 7&8

1,2&3

5&6

7,8

1,2

5,6

7&8

1&2

&3&4

5&6

7,8

1,2

3&4

5,6

7&8

1,2

3&4

5,6

7&8

1,2

&3,4

5,6,7

&8&

&3&4

4



拍数: 64 墙数: 2 级数: Intermediate 编舞者: Rob Fowler (ES) & Laura Sway (UK) - March 2021 音乐: Learning to Fly - Sheppard Intro: 32 counts (approx. 16 secs) (NO Tags or Restarts) S1: Rock, Recover, Shuffle 1/2 Turn, Full Turn, L Shuffle Forward Rock forward on R, recover on L Make ½ turn R stepping forward on R, step L next to R (&), step forward on R Make ½ turn R stepping back on L, make ½ turn R stepping forward on R Step forward on L, step R next to L (&), step forward on L 6:00 S2: Rock, Recover, Ball Back, Back, L Coaster, Step R, Pivot ½ L Rock forward on R, recover on L, step back on R (&), step back on L Step back on R Step back on L, step R next to L (&), step forward on L Step forward on R, make ½ turn L (weight on L) 12:00 S3: 1/4 L, Hold, Step L, Cross Shuffle, Side Rock, Recover, Behind Side Cross Make 1/4 turn L sliding R to R side, hold Step L next to R (&), cross R over L, step L to L side (&), cross R over L Rock L to L side, recover on R Step L behind R, step R to R side (&), cross L over R 9:00 S4: Side Switches, Step L, Hitch R, Step R, Point L, Sailor ¼ L, Step R, Pivot ½ L Point R toe to R side, step R next to L (&), point L toe to L side Step L next to R (&), hitch R, step R next to L (&), point L toe to L side Step L behind R making ¼ turn L, step R to R side (&), step L forward Step forward on R, make ½ turn L (weight on L) 12:00 S5: Side Rock, Recover, Triple Full Turn R, Side Rock, Recover, Triple Full Turn L Rock R to R side, recover on L Bring R behind L to make a triple full turn R in place (clockwise) stepping R, L (&), R Rock L to L side, recover on R Bring L behind R to make a triple full turn L in place (anticlockwise) stepping L, R (&), L -12:00 S6: Rock, Recover, R Coaster, Rock, Recover, L Coaster Rock forward on R, recover on L Step back on R, step L next to R (&), step forward on R Rock forward on L, recover on R Step back on L, step R next to L (&), step forward on L - 12:00 S7: Side Rock, Recover, Step R, Side L, Tap R, Side R, Step L, Side R, Brush Hands Down, Up, Clap Rock R to R side, recover on L Step R next to L (&), step L to L side, tap R next to L (weight stays on L) Step R to R side, step L next to R, step R to R side Keeping feet where they are (approx shoulder-width apart) brush both hands down by hips

S8: Rock Back, Recover, L Chasse, Rock Back Recover, ¼ L, ¼ L

(&), brush both hands up again, clap (&) 12:00

1,2 Rock back on L, recover on R 3&4 Step L to L side, step R next to L (&), step L to L side
5,6 Rock back on R, recover on L
7,8 Make ¼ turn L stepping back on R, make ¼ turn L stepping L to L side

Start Over - 6:00

ENDING: During Wall 6 (which starts facing 6:00) dance up to and including count 6 of S5, then replace the full triple turn L at counts 7&8 with a ½ triple turn L to face 12:00.

Then on the remaining extended last note of the music, bring both arms out to your sides and up above your head and cross at the wrists. Keeping wrists crossed with palms facing outward, lower arms to chest level.