I Want To Fly

拍数: 32

级数: Intermediate

编舞者: John "Grrowler" Rowell (UK)

音乐: Fly - Diamond Jack

Dedicated to the work of the NSPCC. "Cruelty To Children Must Stop...FULL STOP"

HEEL-HITCH, HEEL-HITCH, LEFT SHUFFLE, WALK-WALK, ROCK-RECOVER

- 1& Tap left heel forward, hitch left knee
- 2& Tap left heel forward, hitch left knee
- 3&4 Step forward left, step right next to left, step left forward
- 5-6 Step forward right, step forward left
- 7-8 Rock forward on right, recover weight on left

Advanced option: steps 5, 6 can be replaced with running man steps

- &5 Slide left foot back hitching right knee, step forward right
- &6 Slide right foot back hitching left knee, step forward left

BACK-LOCK-STEP, COASTER STEP, STEP-SCUFF, STEP-TAP-STEP/KICK

- 1&2 Step back right, lock left over front of right, step back right
- 3&4 Step left back, step right next to left, step forward left
- 5-6 Step right forward, scuff left forward
- 7& Step left forward, tap right toe behind left
- 8 Step back on right at same time kick left forward

TURN-BEHIND, SIDE-IN FRONT-TURN, RIGHT SAILOR, LONG STEP-SLIDE

- Step left back quarter turn left (9:00), step right behind left 1-2
- 3& Step left to left, step right in front of left
- 4 Step left guarter turn right (12:00)
- 5&6 Step right behind left, step left in place, step right in place
- 7-8 Long step forward on left, slide right locking behind left

FORWARD-LOCK-STEP, ROCK-RECOVER, 3 STEP TURN, TOUCH

- 1&2 Step left forward, lock right behind left, step left forward
- 3-4 Rock forward right, recover weight to left
- 5 Pivot guarter right on ball of left stepping right to right (3:00)
- 6 On ball of right pivot half turn right stepping left to left (9:00)
- 7 On ball of left pivot half turn right stepping right to right (3:00)
- 8 Touch left next to right (3:00)

REPEAT

The music phrasing for this song is not an even count. Just dance through it. On the lyrics "I want to fly" spread your arms and fly!





墙数: 4