

Flying Sweetheart (P)

COPPERKNOB
STEPSHEETS

拍数: 36 墙数: 0 级数: Partner
编舞者: Eddie Harper (USA)
音乐: Any Good Swing Rhythm Music



Position: Couples in a large circle around the edge of the floor. The Lady is facing forward LOD and the Man is facing RLOD, holding both hands in front (open, Double hand). The footwork is the opposite for Man and Lady. The Man starts with the Left, the Lady starts with the Right

INTRO BASIC (START-UP)

These 6 counts are the intro, and are only done once

1&2 Step to the side, step together, step to the side
3&4 Step to the opposite side, step together, step to the side
5-6 Rock back to the ball of the left, rock forward on right

THE MAIN DANCE

STEP TOGETHER, OVER THE HEAD

1&2 Pull the lady to the man's right side so the couple is about parallel
3&4 Raise the man's right hand and put it behind the lady's head without releasing hands
The lady's right hand goes behind the man's head unless there is a severe height difference
5-6 Stomp man's left; lady's right, stomp mans right, lady's left

SLIDE APART (SWIVELS)

1-4 Release hands. Swivel the toes to the left, swivel the heels to the left, swivel the toes to the left, swivel the heels to the left
During the above 4 steps, the man's right hand is sliding down the lady's right arm as they move apart
5 Pick up the lady's right hand with the man's right
Turn to face your partner as you rock back to the man's left, lady's right
6 Rock forward to the man's right, lady's left
The man should be facing the center of the floor, the lady facing the man

CROSS BODY SIDE-BY-SIDE (CAPE)

1&2 The man leads the lady across, in front of him, to his right side with the right hand
Both dancers turn to face LOD
3&4 The lady is now on the man's right side with his right arm across her shoulders
Pick up her left hand in front with the man's left
5-6 Rock back on man's left, lady's right, rock forward

LADY'S RIGHT TURN

1&2 Dance in place, setting the lady for a turn to her right
3&4 Turn the lady to her right by pulling back slightly with the right hand and leading forward and over her head with the left
Do not release hands
5-6 Rock back to man's left, lady's right, rock forward

LADY'S LEFT TURN

1&2 Pull back with the man's right hand, turning the lady to her left, as the left hands lift going over her head
Return to side-by-side (cape) position
3&4 Travel slightly reverse LOD on these steps
5-6 Rock back to man's left, lady's right, rock forward

MAN'S TURN - CHANGE PARTNERS

1&2 Release both hands as the man's right forearm leads the lady forward

The man turns to his right facing RLOD

3&4 Facing the lady who was behind you, pick up both hands in open position

5-6 Rock back to man's left, lady's right, rock forward

REPEAT
