Last Flight Out



拍数: 48 编数: 3 级数: Intermediate 编舞者: Sophitia Christiansen (DK) & Winston Yew (SG) - June 2008

音乐: Last Flight Out - Plus One: (CD: The Promise 2000)



Intro: 16 slow beats

S1 -: Long Step, Unwind 1/2, Forward Shuffle, 3/4 Turn, Sailor Step

123 - Take a wide step to right dragging left to right, cross left behind right, unwind 1/2 turn left,

recover weight on right

4&5 - Step left forward, together on right, step left forward

6&7 - Step right 1/4 left turn back, step left 1/2 left turn forward, wide step to right

8&1 - Step left behind right, step right to right, step left to left (9)

S2 -: Twinkle Step, Jazz Box 1/4, Pivot 1/2, Triple Full Turn

2&3 - Cross right over left, rock left, recover weight on right

4&5 - Cross left over right, step back on right, step left to 1/4 turn left (6)

Tag to be added here on walls 6 & 7

67 - Step forward on right foot, ½ pivot turn to left (transfer weight from right to left)

8&1 - Step right back making 1/2 turn left, step left forward making 1/2 left, step right in place

S3 -: Side, Cross, Side Rock 1/4 Step, Lunge 1/4 Recover, Behind, 1/4 Turn, Front

23 - Step left to left, cross right over left (12)

4&5 - Side rock left, recover on right 1/4 turn right, step left forward

67 - Lunge forward 1/4 right on right, recover on left

8&1 - Step back on right, step left to 1/4 turn left, step right slightly infront of left, taking weight on

right

S4 -: Twinkle, Walk x3, Recover, Side Cross, Ball Front

2&3 - Cross left over right, side rock on right, recover weight on left

4&5 - Step forward on right, left then right

6&7 - Recover weight on left, step back on right, cross left over right

8& - On ball of right, step behind left heel and push left forward (12)

Tag to be added here on walls 2 & 4

S5 -: Sways, Rolling Vine, Pivot 1/2, 1/4 Turn, Behind Side

Sway right then left, turn ¼ right stepping right forward, turn ½ right stepping left back, turn ¼

right stepping right to side

56 - Step forward on left, 1/2 pivot turn right

7&8 - Step left to 1/4 turn right, step right behind left, step left to left (12)

S6 -: Slow Cross Rocks, Forward, Rock Recover, 1/4 turn, Tap

12& - Cross right over left, recover weight on left, step right to right

34& - Cross left over right, recover weight on right, step left to left

567 - Step forward on right, rock forward on left, recover weight on right,

8& Step left to 1/4 turn left, tap right beside left (9)

Tag

1-2 - Rocking Chair

1& - Rock forward on right, recover on left2& - Rock back on right, recover on left

On walls 2 & 4 - Add 4 count tag to S4 & restart

On walls 6 & 7- Add the same tag to the dance after count 5 of S2 & continue the dance Basically, it is very easy to distinguish where the tags are. In the chorus part, you 'll hear the guy sings "Last Flight Out."