

Fly On The Wall

COPPERKNOB
BYEPOSTETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Hiroko Carlsson (AUS) - April 2023
音樂: Fly On the Wall - Miley Cyrus : (Spotify / Apple Music / Deezer)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

(Intro: 32 counts/Dance starts on lyrics)

Feet shoulder length apart

[S1] L Knee Roll In-Out, Repeat on R, L Slow Knee Roll In-Out, Together-Side

1 2 3 4 L knee roll in, L knee roll out/step down on L foot, R knee roll in, R knee roll out/step down on L foot
5 6 7 L knee roll in over 2 counts (5 6), L knee roll out/step down on L foot (7)
&8 Step R next to L, Step L to the side

[S2] R Knee Roll In-Out, Repeat on L, R Slow Knee Roll In-Out, Together-Side

1 2 3 4 R knee roll in, R knee roll out/step down on R foot, L knee roll in, L knee roll out/step down on L foot
5 6 7 R knee roll in over 2 counts (5 6), R knee roll out/step down on R foot (7)
&8 Step L next to R, Step R to the side

[S3] L Rocking Chair, Slow Pivot 1/2R-Run-Run

1 2 3 4 Rock forward on L, Replace weight on R, Rock back on L, Replace weight on R
5 6 7 Step forward on L (5), Make a ½ turn right over 2 counts (6:00) weight ends on L foot (6 7)
&8 Step forward on R, Step forward on L

[S4] R Rocking Chair, Paddle Turn, Run-Run-Side

1 2 3 4 Rock forward on R, Replace weight on L, Rock back on R, Replace weight on L
5 6 Step forward on R, Make a ¼ turn left recover weight on L (3:00)
7&8 Step forward on R, Step forward on L, Step R to the side

No tags or restarts

(updated: 19/Apr/23)