

Flight And Go

Choregraphie par : Adriano CASTAGNOLI

Description : 64 temps, 2 murs, Intermediaire, Janvier 2017

Musique : « God's Plan » par Josh Williams

[S1] TOES STRUT FORWARD (RIGHT, LEFT), KICK, HOOK, KICK (TWICE)

- 1-2 Step Forward On Right Toe, Drop Right Heel Taking Weight
- 3-4 Step Forward On Left Toe, Drop Left Heel Taking Weight
- 5-6 Kick Right Forward, Hook Right Over Left
- 7-8 Kick Right Forward (Twice)

[S2] COASTER STEP RIGHT, STOMP UP, KICK SIDE, STOMP UP, KICK, TOGETHER

- 1-2 Step Right Back, Step Left Beside Right
- 3-4 Step Right Forward, Stomp Up Left Beside Right
- 5-6 Kick Left To Left Side, Stomp Up Left Beside Right
- 7-8 Kick Left Forward, Step Left Beside Right

[S3] POINT RIGHT, BACK, POINT LEFT, BACK, LOCK FORWARD RIGHT, SCUFF

- 1-2 Point Right Toe To Right Side, Step Right Back Behind Left
- 3-4 Point Left Toe To Left Side, Step Left Back Behind Right
- 5-6 Step Right Forward, Lock Left Behind Right
- 7-8 Step Right Forward, Scuff Left Beside Right

[S4] VAUDEVILLE RIGHT, SWIVEL RIGHT FOOT, STOMP UP, SCUFF

- 1-2 Cross Left Over Right, Step Right Diagonally Back To Right
- 3-4 Touch Left Heel Diagonally Forward To Left, Step Left To Left Side
- 5-6 Swivel Right Heel To Left Side, Swivel Right Toe To Left Side
- 7-8 Stomp Up Right Beside Left, Scuff Right Beside Left

[S5] WEAVE RIGHT, POINT RIGHT, BACK, POINT LEFT, HOOK

- 1-2 Step Right To Right Side, Cross Left Behind Right
- 3-4 Step Right Diagonally Back To Right, Cross Left Over Right
- 5-6 Point Right To Right Side, Step Right Back Behind Left
- 7-8 Point Left To Left Side, Hook Left Over Right

[S6] GRAPEVINE LEFT 1/4 TURN, STOMP, SWIVEL RIGHT FOOT, HOOK

- 1-2 Step Left To Left Side, Cross Right Behind Left
- 3-4 Step Left 1/4 Turn Left, Stomp Right Beside Left (9:00)
- 5-6 Swivel Right Foot To Right Side (Toe, Heel)
- 7-8 Swivel Right Toe To Right Side, Hook Left Behind Right

[S7] TURN 1/4 LEFT AND ROCK FORWARD, TOES STRUT BACK (LEFT, RIGHT), ROCK BACK LEFT

- 1-2 Turn 1/4 Left And Rock Forward On Left, Return Onto Right (6:00)
- 3-4 Step Back On Left Toe, Drop Left Heel Taking Weight
- 5-6 Step Back On Right Toe, Drop Right Heel Taking Weight
- 7-8 Jumping Rock Back On Left And Kick Right Forward, Return Onto Right

[S8] STOMP LEFT (TWICE), HEEL SWIVELS (TWICE), TOUCH TOE, SCUFF

- 1-2 Stomp Up Left Beside Right, Stomp Left Forward
- 3-4 Swivel Both Heels To Left Side, Return Both Heels To Centre
- 5-6 Repeat 3-4
- 7-8 Touch Right Toe Diagonally Back To Right, Scuff Right Beside Left

REPEAT

****2 RESTARTS: after 32 count (S4) of the 3rd and 6th repetitions (both on first wall)**