

# Friday Fling

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**Count:** 32      **Wall:** 4      **Level:** Beginner

**Choreographer:** Kathryn Rowlands , Anglesey, Wales - October 2017

**Music:** Dance Above the Rainbow, CD: Feet of Flames (recommended)

**(Intro: 16 counts)**

**Alternate track: Gaffo's Girl, Sharon Shannon**

**(No proper intro, but allow 16 counts before starting the dance)**

**[1-8] Stomp, Kick, Triple Step x2**

**1-2R stomp, kick forward**

**3&4R-L-R triple step in place**

**5-6L stomp, kick forward**

**7&8L-R-L triple step in place**

**[9-16] Grapevine & Cross, Rock & Cross, clap x2**

**1,2,3,4R step to right side, L cross behind, R step to right side, L cross over R**

**5.6.7&8R rock to right side, recover onto L, R cross over L, [pause]clap x2**

**[17-24] Grapevine, Cross, Rock & Cross clap x2**

**1,2,3,4L step to left side, R cross behind, L step to left side, R cross over L**

**5,6,7&8L rock to left side, recover onto R, L cross over R [pause]clap x2**

**[25-32] Rocking Chair, Pivot Step, Stomp, Kick [clap x2]**

**1-2R rock forward, recover onto L**

**3-4R rock back, recover onto L**

**5-6R step forward, pivot turn  $\frac{1}{4}$  onto L**

**7-8R stomp, kick forward [clap x2 on the kick]**

**Begin again.**

**Choreographed for my Friday beginners, who are now starting to 'find their feet' with more confidence.**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=ay-fling-ID121545](https://www.linedance.com/index.php?f=dance_view&id=ay-fling-ID121545)