

# Keep Flying

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**Count:** 144

**Wall:** 1

**Level:** Phrased Intermediate

**Choreographer:** Sae Min, Janice Khoo, Jennifer Choo Sue Chin, Rezall, Jaszmine Tan, EWS Winson, Rebecca Lee & Ivan Lim - June 2020

**Music:** Keep Flying by Alvin Chong, Sasi The Don, Jaclyn Victor & Caprice

**Intro: 32 counts in (approx. 0.17 sec)**

**Sequence: A, B, C, D, A, B, C, D, B, C, B**

**Part A (32 counts)**

**#A1 (1-8) L Ball, R Side Point, Snake Roll with R Sit, L Rolling Vine (R), R Side Point**

- &1** Close LF beside RF (&), point R toes to R side (1) 12.00
- 2-4** Roll body from L to R for 3 counts transferring weight on RF ended with R knee slightly bent in a sitting position (2-3-4) 12.00
- 5-8** Turn  $\frac{1}{4}$  L stepping LF forward (5), turn  $\frac{1}{2}$  L stepping RF back (6), turn  $\frac{1}{4}$  L stepping LF to L side (7), point R toes to R side (8) 12.00

**#A2 (9-16) R Ball, L Forward, R-L Tic Tac  $\frac{1}{2}$  (L), L Flick, L Forward Scuff, L Forward Rock with Hips Pushed, R Back Rock with Hips Pushed, L Forward Rock with Hips Pushed & R Flick**

- &1** Close RF beside LF (&), step LF forward (1) 12.00
- 2-4** Swivel R heel in towards LF turning  $\frac{1}{4}$  R (2), swivel L heel out to L side turning  $\frac{1}{4}$  R (3), flick LF back (4) 6.00
- 5-8** Scuff LF forward (5), rock LF forward pushing hips forward (6), rock RF back pushing hips backward (7), rock LF forward pushing hips forward while flicking RF back (8) 6.00

**#A3 (17-24) L-R Cross Points, R Cross, L Side, R Behind,  $\frac{1}{4}$  (R) with L Forward, R Forward**

- 1-4** Cross RF over LF (1), point L toes to L side (2), cross LF over RF (3), point R toes to R side (4) 6.00
- 5** Cross RF over LF (5) 6.00
- 6&7** Step LF to L side (6), cross RF behind LF (&), turn  $\frac{1}{4}$  L stepping LF forward (7) 9.00
- 8** Step RF forward (8) 9.00

**#A4 (25-32) Completing R Pivot  $\frac{1}{2}$  (R),  $\frac{1}{4}$  (R) with R Side, L Behind, R Side, L Cross, R Side Rock & Recover, R Cross Shuffle**

- 1-2** With RF remains stepping forward: Turn  $\frac{1}{2}$  L over L shoulder (1), turn  $\frac{1}{4}$  L stepping RF to R side (2) 6.00
- 3&4** Cross LF behind RF (3), step RF to R side (&), cross LF over RF (4) 6.00
- 5-6** Rock RF to R side (5), recover weight on LF (6) 6.00
- 7&8** Cross RF over LF (7), step LF to L side (&), cross RF over LF (8) 6.00

**Part B (32 counts)**

**#B1 (1-8) R-L Side Touches, L Paddle Full Turn (L) with L Hitched & Side Pointed**

- 1-4** Step LF to L side (1), touch R toes beside LF (2), step RF to R side (3), touch L toes beside RF (4) 12.00
- &5&6** Lift L knee beside RF (&), turn  $\frac{1}{4}$  R pointing L toes to L side (5), lift L knee beside RF (&), turn  $\frac{1}{4}$  R pointing L toes to L side (6) 6.00
- &7&8** Lift L knee beside RF (&), turn  $\frac{1}{4}$  R pointing L toes to L side (7), lift L knee beside RF (&), turn  $\frac{1}{4}$  R pointing L toes to L side (8) 12.00

**#B2 (9-16) L Cross, R Side, L Sailor  $\frac{1}{2}$  (R) with L Forward, R Forward Rock & Recover, R Coaster Step**

- 1-2** Cross LF over RF (1), step RF to R side (2) 12.00
- 3&4** Turn  $\frac{1}{2}$  L crossing LF behind RF (3), step RF to R side (&), step LF forward (4) 6.00
- 5-6** Rock RF forward (5), recover weight on LF (6) 6.00
- 7&8** Step RF back (7), close LF beside RF (&), step RF forward (8) 6.00

**#B3 (17-24) R-L Side Touches, L Paddle Full Turn (L) with L Hitched & Side Pointed**

- 1-4** Step LF to L side (1), touch R toes beside LF (2), step RF to R side (3), touch L toes beside RF (4) 6.00
- &5&6** Lift L knee beside RF (&), turn  $\frac{1}{4}$  R pointing L toes to L side (5), lift L knee beside RF (&), turn  $\frac{1}{4}$  R pointing L toes to L side (6) 12.00
- &7&8** Lift L knee beside RF (&), turn  $\frac{1}{4}$  R pointing L toes to L side (7), lift L knee beside RF (&), turn  $\frac{1}{4}$  R pointing L toes to L side (8) 6.00

**#B4 (25-32) L Forward Rock & Recover, L Shuffle ½ (R), R Pivot ½ (R), R Forward Shuffle**

- 1-2** Rock LF forward (1), recover weight on RF (2) 6.00
- 3&4** Turn ¼ L stepping LF to L side (3), step RF next to LF (&), turn ¼ L stepping LF forward (4) 12.00
- 5-6** Step RF forward (5), turn ½ L over L shoulder (6) 6.00
- 7&8** Step RF forward (7), step LF next to RF (&), step RF forward (8) 6.00

**Part C (32 counts)**

**#C1 (1-8) L Cross Samba, R Cross, ¼ (L) with L Back, R Side, L Cross, R&L Knee Pop, R Side, R&L Knee Pop**

- 1&2** Cross LF over RF (1), rock RF to R side (&), recover weight on LF (2) 12.00
- 3&4** Cross RF over LF (3), turn ¼ R stepping LF back (&), step RF to R side (4) 9.00
- 5&6** Cross LF over RF (5), pop both knees forward (&), recover both feet in place (6) 9.00
- 7&8** Step RF to R side (7), pop both knees forward (&), recover both feet in place (8) 9.00

**#C2 (9-16) L Cross Rock & Recover, L Chasse ¼ (R), R Pivot ½ (R), L-R-L Forward Run**

- 1-2** Cross rock LF over RF (1), recover weight on RF (2) 9.00
- 3&4** Step LF to L side (3), step RF next to LF (&), turn ¼ L stepping LF forward (4) 12.00
- 5-6** Step RF forward (5), turn ½ L over L shoulder (6) 6.00
- 7&8** Run forward on LF-RF-LF (7-&-8) - like forward Boogie Run 6.00

**#C3 (17-24) L Forward Point & Hip Bumps, L Coaster Step, R Forward Point & Hip Bumps, R Coaster Step**

- 1&2** Point L toes forward bumping hips forward (1), recover weight on RF bumping hips backward (&), bump hips forward keeping L toes pointed forward (2) 6.00
- 3&4** Step LF back (3), close RF beside LF (&), step LF forward (4) 6.00
- 5&6** Point R toes forward bumping hips forward (5), recover weight on LF bumping hips backward (&), bump hips forward keeping R toes pointed forward (6) 6.00
- 7&8** Step RF back (7), close LF beside RF (&), step RF forward (8) 6.00

**#C4 (25-32) L Side Rock & Recover, L Behind, R Side, L Cross, R Side Rock & Recover, R Sailor ½ (L) with R Forward**

- 1-2 Rock LF to L side (1), recover weight on RF (2) 6.00
- 3&4 Cross LF behind RF (3), step RF to R side (&), cross LF over RF (4) 6.00
- 5-6 Rock RF to R side (5), recover weight on LF (6) 6.00
- 7&8 Turn ½ R crossing RF behind LF (7), step LF to L side (&), step RF forward (8) 12.00

**Part D (48 counts)**

**#D1 (1-8) R-L Forward Walk, R-L Syncopated Out Steps, L Ball, R Forward, L&R Heel Swivel ¼ (R) & ¼ (L) with L Sweep, L Modified Jazz Box**

- 1-2 Walk forward on LF (1), walk forward on RF (2) 12.00
- &3&4 Step LF to L side (&), step RF to R side (3), step LF in (&), step RF forward slightly crossing over LF (4) 12.00
- 5-6 Turn ¼ L over L shoulder twisting both heels to R side (5), turn ¼ R over R shoulder twist heels to L side while sweeping LF from back to front (6) 12.00
- 7&8 Cross LF over RF (7), step RF back (&), step LF to L side (8) 12.00

**#D2 (9-16) R Mambo ¼ (L) with R Side, L Cross Shuffle, ¼ (L) with R Forward Rock & Recover, ¼ (L) with R Side, L Cross Shuffle**

- 1&2 Rock RF forward (1), recover weight on LF (&), turn ¼ R stepping RF to R side (2) 9.00
- 3&4 Cross LF over RF (3), step RF to R side (&), cross LF over RF (4) 9.00
- 5&6 Turn ¼ R rocking RF forward (5), recover weight on LF (&), turn ¼ R stepping RF to R side (6) 3.00
- 7&8 Cross LF over RF (7), step RF to R side (&), cross LF over RF (8) 3.00

**#D3 (17-24) R Forward Diagonal Press, L Recover with R Forward Diagonal Kick, R Behind, L Side, R Cross, L Forward Diagonal Press, L Hitch, L Sailor Step**

- 1-2 Press RF forward to R diagonal (1), recover weight on LF kicking RF forward to R diagonal (2) 3.00
- 3&4 Cross RF behind LF (3), step LF to L side (&), cross RF over LF (4) 3.00
- 5-6 Press LF forward to L diagonal (5), lift L knee beside RF (6) 3.00
- 7&8 Cross LF behind RF (7), step RF to R side (&), step LF to L side (8) 3.00

**#D4 (25-32) L-R Syncopated Forward Skates, R Forward Mambo, R&L Back Jump X2**

- 1&2 Skate LF-RF-LF forward (1-&-2) 3.00

- 3&4** Skate RF-LF-RF forward (3-&-4) 3.00
- 5&6** Rock RF forward (5), recover weight on LF (&), close RF beside LF (6) 3.00
- 7-8** Jump back 2x with both feet together (7-8) 3.00

**#D5 (33-40) R-L Forward Walk, L Chase ½ (L) with L Forward, L-R Forward Walk, R Chase ½ (R) with R Forward**

- 1-2** Step LF forward (1), step RF forward (2) 3.00
- 3&4** Step LF forward (3), turn ½ R over R shoulder (&), step LF forward (4) 9.00
- 5-6** Step RF forward (5), step LF forward (6) 9.00
- 7&8** Step RF forward (7), turn ½ L over L shoulder (&), step RF forward (8) 3.00

**#D6 (41-48) ¼ (R) with L Cross Samba, R Cross Samba, R-L Walk ½ (L)**

- 1&2** Turn ¼ L crossing LF over RF (1), rock RF to R side (&), recover weight on LF (2) 6.00
- 3&4** Cross RF over LF (3), rock LF to L side (&), recover weight on RF (4) 6.00
- 5-8** Walk ½ R over R shoulder for 4 counts on RF-LF-RF-LF (5-6-7-8) 12.00

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