

One Flies High

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Count: 72 **Wall:** 2 **Level:** Improver

Choreographer: Ross Brown (UK) January 2020

Music: Only Love by Wynonna [Length - 3:35] (100 BPM)

Intro : 20 Counts (Approx. 12 Seconds)

Note : This dance is dedicated in loving memory to the amazing friend, dancer, instructor, choreographer, host and personality - Robbie McGowan Hickie.

SIDE, TOGETHER. CHASSE ¼ TURN R. FORWARD ROCK. SHUFFLE ½ TURN L.

- 1 - 2 Step R to R, step L next to R.
- 3 & 4 Step R to R, close L up to R, make a ¼ turn R stepping R forward.
- 5 - 6 Rock L forward, recover onto R.
- 7 & 8 Shuffle a ½ turn L stepping; L, R, L. (9 O'CLOCK)

SIDE ¼ TURN L, TOGETHER. CHASSE ¼ TURN R. FORWARD ROCK. SHUFFLE ½ TURN L.

- 1 - 2 Make a ¼ turn L stepping R to R, step L next to R.
- 3 - 8 Repeat Steps 3 & 4, 5 - 6, 7 & 8 from Section 1. (3 O'CLOCK)

STEP, PIVOT ¼ TURN L. SHUFFLE FORWARD. STEP, PIVOT ¼ TURN R. CROSS SHUFFLE.

- 1 - 2 Step R forward, pivot a ¼ turn L.
- 3 & 4 Step R forward, close L up to R, step R forward.
- 5 - 6 Step L forward, pivot a ¼ turn R.
- 7 & 8 Cross step L over R, close R up to L, cross step L over R. (3 O'CLOCK)

BACK ¼ TURN L, SIDE ¼ TURN L. CROSS SHUFFLE. SIDE ROCK. BEHIND, SIDE, CROSS.

- 1 - 2 Make a ¼ turn L stepping R back, make a ¼ turn L stepping L to L.
- 3 & 4 Cross step R over L, close L up to R, cross step R over L.
- 5 - 6 Rock L to L, recover onto R.
- 7 & 8 Cross step L behind R, step R to R, cross step L over R. (9 O'CLOCK)

SIDE ROCK. BEHIND, STEP ¼ TURN L, STEP. FORWARD ROCK. COASTER CROSS.

- 1 - 2 Rock R to R, recover onto L.

- 3 & 4** Cross step R behind L, make a $\frac{1}{4}$ turn L stepping L forward, step R forward.
- 5 - 6** Rock L forward, recover onto R.
- 7 & 8** Step L back, step R next to L, cross step L over R. (6 O'CLOCK)

SIDE, TOGETHER. SHUFFLE FORWARD. SIDE, TOGETHER. SHUFFLE BACK.

- 1 - 2** Step R to R, step L next to R.
- 3 & 4** Step R forward, close L up to R, step R forward.
- 5 - 6** Step L to L, step R next to L.
- 7 & 8** Step L back, close R up to L, step L back. (6 O'CLOCK)

FULL TURN R TRAVELLING BACK. COASTER STEP. STEP, BACK $\frac{1}{2}$ TURN L. SHUFFLE $\frac{1}{2}$ TURN L.

- 1 - 2** Make a $\frac{1}{2}$ turn R stepping R forward, make a $\frac{1}{2}$ turn R stepping L back. (or Walk Back; R, L)
- 3 & 4** Step R back, step L next to R, step R forward.
- 5 - 6** Step L forward, make a $\frac{1}{2}$ turn L stepping R back.
- 7 & 8** Shuffle a $\frac{1}{2}$ turn L stepping; L, R, L. (6 O'CLOCK)

SIDE $\frac{1}{4}$ TURN L, POINT FORWARD, SIDE, POINT FORWARD. SCISSOR STEP. BACK $\frac{1}{4}$ TURN R.

- 1 - 2 - 3 - 4** Make a $\frac{1}{4}$ turn L stepping R to R, point L forward, step L to L, point R forward.
- 5 - 6 - 7** Step R to R, step L next to R, cross step R over L.
- 8** Make a $\frac{1}{4}$ turn R stepping L back. (6 O'CLOCK)

SIDE $\frac{1}{4}$ TURN R, SWEEP $\frac{1}{4}$ TURN R. JAZZ BOX with CROSS. UNWIND $\frac{1}{2}$ TURN L, CLAP HANDS.

- 1 - 2** Make a $\frac{1}{4}$ turn R stepping R to R, make a $\frac{1}{4}$ turn R sweeping L forward.
- 3 - 4 - 5 - 6** Cross step L over R, step R back, step L to L, cross step R over L.
- 7 - 8** Unwind a $\frac{1}{2}$ turn L, clap hands. (6 O'CLOCK)

END OF DANCE!

E-mail: ross-brown@hotmail.co.uk