

Born To Fly

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Count: 48 **Wall:** 2 **Level:** Intermediate

Choreographer: Maggie Gallagher (UK) - June 2026

Music: Born To Fly - Jamie MacDonald

Intro: 32 counts (26 secs approx.)

Dance starts facing [10:30]

S1: ROCK, RECOVER, $\frac{1}{2}$ R, WALK, $\frac{1}{2}$ L, $\frac{1}{2}$ L, $\frac{1}{8}$ SIDE/Drag, ROCK BACK, RECOVER, L GRAPEVINE CROSS

1-2& Rock forward on right to [10:30], Recover on left, $\frac{1}{2}$ right stepping forward on right [4:30]

Walls 1,3 & 5: on counts 1-2: raise right arm then lower it

3 Walk forward on left

4& $\frac{1}{2}$ left stepping back on right, $\frac{1}{2}$ left stepping forward on left [4:30]

5 $\frac{1}{8}$ left taking long step on right to right side dragging left to meet right [3:00]

6& Rock back on left behind right, Recover on right

7&8& Step left to left side, Cross right behind left, Step left to left side, Cross right over left

S2: SIDE/Drag, ROCK BACK, RECOVER, POINT, TOUCH, WALK, PRISSY WALKS L-R, STEP, $\frac{3}{8}$ PIVOT, STEP, BALL

1-2& Long step on left to left side dragging right to meet left, Rock back on right behind left, Recover on left

3&4 Point right to right side, Touch right next to left, Walk forward on right

5-6 Prissy walk forward on left, Prissy walk forward on right

7&8& Step forward on left, Pivot $\frac{3}{8}$ right, Step forward on left, Step on ball of right next to left [7:30]

S3: CROSS/SWEEP, CROSS/SWEEP, ROCKING CHAIR, STEP/HITCH, RUN RUN, STEP/HOOK, BACK BACK

1 Cross left over right ronde sweeping right from back to front

2 Cross right over left ronde sweeping left from back to front

3&4& Rock forward on left, Recover on right, Rock back on left, Recover on right

- 5 Step forward on left rising up on ball of left & hitching right knee up
- 6& Run forward on right, Run forward on left
- 7-8& Step forward on right hooking left up behind right, Step back on left, Step back on right [7:30]

During counts (5-6&): raise both arms up with palms facing up

During counts (7-8&): lower arms with palms facing down

S4: BACK/HITCH, BACK BACK, ROCK BACK, RECOVER, $\frac{1}{2}$ L BACK, BACK/HOOK, $\frac{1}{8}$ R WALK, $\frac{1}{8}$ R WALK, $\frac{1}{8}$ R RUN RUN

- 1-2& Step back on left hitching right knee up, Run back on right, Run back on left
- 3-4& Rock back on right, Recover on left, $\frac{1}{2}$ left stepping back on right [1:30]
- 5 Step back on left hooking right across left

6-7 $\frac{1}{8}$ right walking forward on right, $\frac{1}{8}$ right walking forward on left [4:30]

8& $\frac{1}{8}$ right running forward on right, Run forward on left [6:00]

***Restart here on Walls 2 & 4 with step change**

S5: ROCK/HOOK, RECOVER, $\frac{1}{2}$ R, ROCK, RECOVER, $\frac{1}{4}$ L, WALK, STEP, $\frac{1}{2}$ PIVOT, STEP, $\frac{1}{2}$ L, $\frac{1}{2}$ L

- 1-2& Rock forward on right hooking left up behind right, Recover on left, $\frac{1}{2}$ right stepping forward on right [12:00]

On counts (1-2): raise both arms as if to “fly”, then lower

- 3-4& Rock forward on left, Recover on right, $\frac{1}{4}$ left stepping left to left side [9:00]
- 5 Walk forward on right
- 6&7 Step forward on left, Pivot $\frac{1}{2}$ right, Step forward on left [3:00]

8& $\frac{1}{2}$ left stepping back on right, $\frac{1}{2}$ left stepping forward on left [3:00]

S6: SIDE/Drag, ROCK BACK, RECOVER, SIDE/Drag, BEHIND, $\frac{1}{4}$ L, WALK, MAMBO $\frac{1}{2}$ L, RUN, $\frac{1}{8}$ L RUN

- 1-2& Long step on right to right side dragging left to meet right, Rock back on left behind right, Recover on right

- 3** Long step on left to left side dragging right to meet left
- 4&5** Step right behind left, $\frac{1}{4}$ left stepping forward on left, Walk forward on right [12:00]
- 6&7** Rock forward on left, Recover on right, $\frac{1}{2}$ left stepping forward on left [6:00]
- 8&** Run forward on right, $\frac{1}{8}$ left running forward on left [4:30]

***RESTARTS with Step Change: On Walls 2 & 4 after 31 counts:**

Run forward on right (8), Run forward on left (&) [10:30]. Then restart the dance from the beginning.

ENDING: At the end of Wall 5, cross right over left and unwind $\frac{3}{8}$ left to finish facing [12:00]

Thank you to Jane Kenrick for suggesting this music

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