

CATCH THE FLIGHT



2 wall, 64 counts, Intermediate line dance, One 4 count tag and one 48 count tag, both done only once (don't be scared – it's easier than it sounds!)

Choreographed by: Johnny J. & Maria R. (July 2011)

Music: "Catch The Flight" by Gotlandsflyg, 122 BPM, Total Track Length: 3:13

There is a musical intro, then 4 counts of total silence and after that, the dance begins immediately!

The track is a promo recorded by the Gotlandsflyg staff and is at the time of writing freely available at their web site (<http://www.gotlandsflyg.se>) – If at any point this should NOT be the case, send me an email at Johnny_jorgensen@hotmail.com and we'll work something out.

Numbers in square brackets indicate facing wall, e.g. [3] = 3 o'clock wall.

SECTION 1 – Rock, Recover, Together, Rock, Recover, Cross Samba Rock, Cross, ¼ Turn

- 1-2 Rock left foot to the left side, recover weight to right foot
- & Step left foot next to right
- 3-4 Rock right foot to the right side, recover weight to left foot
- 5&6 Cross right foot over left, rock left foot out to left side, recover weight to right
- 7-8 Cross left foot over right, do ¼ turn left and step right foot back [9]

SECTION 2 – ½ Turn, Long Step, Drag, Rock, Recover, Shuffle 1½ Turn, Step, Clap, Clap

- 1-2 Do ½ turn left and take a long step forward on left foot [3], drag right foot next to left
- 3-4 Rock forward on right foot, recover weight to left foot
- 5&6 Do ½ turn right and step right foot slightly forward [9], do ½ turn right and step left foot slightly back [3], do ½ turn right and step right foot slightly forward [9]
Easier Option for 5&6: Do a right shuffle ½ turn
- 7 Step forward on left foot
- &8 Hold and clap twice

SECTION 1 – Rock, Recover, Together, Rock, Recover, Cross Samba Rock, Step ½ Turn

- 1-2 Rock right foot to the right side, recover weight to left foot
- & Step right foot next to left
- 3-4 Rock left foot to the left side, recover weight to right foot
- 5&6 Cross left foot over right, rock right foot out to right side, recover weight to left
- 7-8 Step right foot forward, do ½ turn left but keep weight back on right foot

SECTION 4 – Kick, Cross, Back, Heel, Together, Cross, ¼ Turn, Triple Full Turn, Whiplash Move

- 1& Kick left foot diagonally over right, cross left foot over right
- 2& Step right foot back, dig left heel diagonally forward
- 3& Step left foot next to right, cross right foot over left
- 4 Do ¼ turn right and step left foot slightly back [6]
- 5&6 Do ½ turn right and step right foot next to left [12], do ¼ turn right and step left foot next to right, do ¼ turn right and step right foot slightly forward [6]
Easier Option for 5&6: Do a right coaster step
- 7&8 Touch left foot slightly forward, Touch left foot a little further forward, step down on left foot yet a little further forward

***** Do tag 1 here on wall 2 and restart the dance *****

SECTION 5 – Sliding Box

- 1-2 Take a long step right on right foot, slide left foot next to right
- 3-4 Do ¼ turn left [3] and take a long step left on left foot, slide right foot next to left
- 5-6 Do ¼ turn left [12] and take a long step right on right foot, slide left foot next to right
- 7-8 Do ¼ turn left [9] and take a long step left on left foot, slide right foot next to left

SECTION 6 – Out, Out, Back, Back, Body Roll, Side, Clap, Clap

- 1-2 Skate right foot out to right side, skate left foot out to left side
- 3-4 Step back on right foot, step back on left foot
- 5-6 Do a body roll for two counts
- 7 Step right foot to the left side
- &8 Hold and clap twice

SECTION 7 – Step, ¼ Jazzbox, Side Rock, Recover, Coaster Step

- &1-2 Step left foot next to right, cross right foot over left, step left foot back
- 3-4 Do ¼ turn right and step right foot to the right side [12], cross left foot over right
- 5-6 Rock right foot to the right side, recover weight to left
- 7&8 Step right foot back, step left foot next to right, step right foot forward

SECTION 8 – Step ½ Turn, Full Turn, Touch, Hold, Samba Touch

- 1-2 Step left foot forward, do ½ turn right and transfer the weight to right foot [6]
- 3-4 Do ½ turn right and step left foot back [12], do ½ turn right and step right foot forward [6]
Easier option for 3-4: Walk forward left, right
- 5-6 Touch left foot next to right, Hold
- 7&8 Rock left foot to left side, recover weight to right foot, touch left foot next to right [6]

***** Do tag 2 here after completion of wall 4 *****

Start over from the beginning

Tag 1:

On wall 2, complete the first 32 counts of the dance. Then do the following 4 counts:

SECTION 1 – Rock, Recover, Full Triple Turn

- 1-2 Rock forward on right foot, recover weight to left foot
- 3&4 Do ½ turn right and step right foot next to left, do ¼ turn right and step left foot next to right, do ¼ turn right and step right foot slightly forward
Easier Option for 3&4: Do a right coaster step

This will occur when you face the front wall. Restart the dance from the beginning after the tag.

Tag 2:

The “tag section” of the music is actually longer and starts 32 counts before. But to avoid a TOO long tag and too much confusion, We decided to let you finish the previous wall completely first. So finish off wall 4 completely (even though the “pilot” starts talking) and then do the following tag:

TAG 2, SECTION 1 – Stewardess Arms, ½ Turning Jazzbox

- 1 Hold arms vertically parallel to the body app. 20 centimetres apart, fingertips pointing upwards, palms facing each other, thumbs tucked in.
- 2 Stretch arms straight out, fingertips forward, palms still facing each other (hands parallel vertically), thumbs still tucked in.

- 3 Turn hands outwards so that the fingertips are pointing out to the sides and the palms facing front. Move the arms further apart at the same time.
- 4 Move the arms back to being parallel but keep fingers pointing outwards.
- 5-6 Cross the right foot over the left, Step back on the left foot.
- 7-8 Do ½ turn right and step right foot forward, step left foot next to right

TAG 2, SECTION 2 – Stewardess Arms, ½ Turning Jazzbox

- 1-8 Repeat section 1

TAG 2, SECTION 3 – Rock, Recover, Coaster Step, Lunge with Stewardess Arms, Recover, Coaster Step

- 1-2 Rock forward on right foot, recover weight to left foot
- 3&4 Step right foot back, step left foot next to right, step right foot forward
- 5 Lunge a little further forward on left foot bending knees slightly. At the same time, move the right hand from the back to the front with arm straight, fingers pointing downwards, palm facing forward/upwards and thumb tucked in.
- 6 Recover weight to right foot
- 7&8 Step left foot back, step right foot next to left, step left foot forward

TAG 2, SECTION 4 – Rock, Recover, Coaster Step, Lunge with Stewardess Arms, Recover, Coaster Step

- 1-8 Repeat section 3

TAG 2, SECTION 5 – Aircraft Marshall Arms, Jazzbox

- 1 Hold up both arms in front of your body, over the head. Fists clenched, knuckles forward, thumb-side up. Move the hands from front towards yourself (move along)
- 2 Keep hand positions, once again move the hands from front towards yourself (move along)
- 3 Cross your arms over your head left arm in front of right, fists still clenched with back of hand towards yourself, palm facing forward (stop)
- 4 Relax the left arm along the side of your body, move the right hand in a horizontal movement from the left to the right, across your throat with hand open, palm facing downwards (cut the engines)
- 5-6 Cross the right foot over the left, Step back on the left foot.
- 7-8 Do ½ turn right and step right foot forward, step left foot next to right

TAG 2, SECTION 6 – Aircraft Marshall Arms, Jazzbox

- 1 Hold up both arms in front of your body, over the head. Fists clenched, knuckles forward, thumb-side up. Move the hands from front towards yourself (move along)
- 2 Keep hand positions, once again move the hands from front towards yourself (move along)
- 3 Cross your arms over your head left arm in front of right, fists still clenched with back of hand towards yourself, palm facing forward (stop)
- 4 Relax the left arm along the side of your body, move the right hand in a horizontal movement from the left to the right, across your throat with hand open, palm facing downwards (cut the engines)
- 5-6 Cross the right foot over the left, Step back on the left foot.
- 7-8 Do ½ turn right and step right foot forward, **touch** left foot next to right
Important: Remember to only touch the left foot next to the right (not put down the weight as you do in section 5), because you need to restart with the left foot after the tag!

You will be facing the front wall when this tag occurs. After the tag, restart the dance from the beginning.