

Wings To Fly

Choreographer : Rhoda Lai & Hayley Wheatley

Type of dance : 4 Wall

Level : Absolute Beginner

Counts : 32

Intro : 32 counts

Music : Power of love x I'm Alive 2025 – by LABACK remix ft. Laura Furmanova



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NO TAGS OR RESTARTS!

[1-8] WALK FORWARD R-L-R, KICK, WALK BACK L-R-L, TOUCH

12 Step RF forward (1), Step LF forward (2)

34 Step RF forward (3), Kick LF forward (4)

***Raise your arms up on Counts 1-3, click fingers on Count 4**

56 Step LF back (5), Step RF back (6)

78 Step LF back (7), Touch RF next to LF (8)

***Bring your arms down on Counts 5-8**

[9-16] FORWARD DIAGONAL, TOUCH, SIDE, TOUCH, BACK DIAGONAL, TOUCH, SIDE, TOUCH

12 Step RF forward to R diagonal (1), Touch LF next to RF clapping hands (2)

34 Step LF to L side (3), Touch RF next to LF clapping hands (4)

56 Step RF back to R diagonal (5), Touch LF next to RF clapping hands (6)

78 Step LF to L side (7), Touch RF next to LF clapping hands (8)

Note: The step-touch combination should yield a box shape.

[17-24] GRAPEVINE R, TOUCH, GRAPEVINE L, BRUSH

12 Step RF to R side (1), Step LF behind RF (2)

34 Step RF to R side (3), Touch LF next to RF (4)

56 Step LF to L side (5), Step RF behind LF (6)

78 Step LF to L side (7), Brush RF forward (8)

[25-32] ROCKING CHAIR, HEEL STRUTS R, ¼ L HEEL STRUTS L

12 Rock forward onto RF (1), Recover onto LF (2)

34 Rock back onto RF (3), Recover onto LF (4)

***Push arms upwards and outwards to sides during counts 1-4 with palms facing forwards to coincide with the lyrics "I'm Alive!"**

56 Touch R Heel forward (5), Drop weight onto RF (6)

78 Make ¼ turn L Touching L Heel forward (7), Drop weight onto LF (8)

START AGAIN

*****Alternative - Hold hands with the person next to you throughout the dance until count 28, drop the hand holding during count 29 to 32.**

Reconnect with different dancers next to you and hold hands to execute the next rotation. Repeat the same process.

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