

# SPREAD MY WINGS & FLY

**SONG:** "SPREAD MY WINGS & FLY" by MIKE DENVER.  
**ALBUM:** "THANK GOD FOR THE RADIO"  
**ORIGINAL POSITION:** FEET TOGETHER WEIGHT ON THE LEFT FOOT.  
**CHOREOGRAPHER:** GORDON ELLIOTT. Sydney NSW. AUSTRALIA. October 2019

Video: <https://www.youtube.com/watch?v=AIOGKjmQIQ0&t=15s>

BEATS	STEPS: This dance is done in FOUR directions. Introduction : 32 Beats.
1, 2 & 3, 4 5 & 6 7 & 8	<p><b>SIDE, HOLD &amp; SIDE, ROCK, SAILOR STEP, SAILOR FORWARD</b>                      STOMP R TO THE SIDE, HOLD, STEP L TOGETHER,                      STEP R TO THE SIDE, SIDE ROCK ONTO L,                      SAILOR : STEP R BEHIND LEFT, STEP L TO THE SIDE, STEP R TO THE SIDE,                      SAILOR : STEP L BEHIND RIGHT, STEP R TO THE SIDE, STEP L FORWARD. (12.00)</p>
1, 2 3, 4 5 & 6 & 7 & 8 &	<p><b>PIVOT TURN, PADDLE TURN, VAUDEVILLE &amp; VAUDEVILLE &amp;</b>                      PIVOT : STEP R FORWARD, TURN 180° LEFT TAKE WEIGHT ONTO L,                      PADDLE : STEP R FORWARD, TURN 90° LEFT TAKE WEIGHT ONTO L,                      STEP R ACROSS IN FRONT OF LEFT, STEP L TO THE SIDE,                      TOUCH R HEEL FORWARD AT 45° RIGHT, STEP R BACK,                      STEP L ACROSS IN FRONT OF RIGHT, STEP R TO THE SIDE,                      TOUCH L HEEL FORWARD AT 45° LEFT, STEP L TOGETHER. (3.00)</p>
1, 2 3 & 4 5, 6 7 & 8	<p><b>FORWARD, ROCK, 1/2 SHUFFLE FORWARD, FORWARD, ROCK, COASTER STEP</b>                      STEP R FORWARD, ROCK BACK ONTO L,                      TURN 180° RIGHT SHUFFLE FORWARD STEP : R-L-R,                      STEP L FORWARD, ROCK BACK ONTO R,                      COASTER : STEP L BACK, STEP R TOGETHER, STEP L FORWARD. (9.00)</p>
1 & 2 & 3, 4 5 & 6 & 7, 8	<p><b>HEEL &amp; HEEL &amp; PADDLE TURN, HEEL &amp; HEEL &amp; PADDLE TURN</b>                      TOUCH R HEEL FORWARD, STEP R TOGETHER,                      TOUCH L HEEL FORWARD, STEP L TOGETHER,                      PADDLE : STEP R FORWARD, TURN 90° LEFT TAKE WEIGHT ONTO L,                      TOUCH R HEEL FORWARD, STEP R TOGETHER,                      TOUCH L HEEL FORWARD, STEP L TOGETHER,                      PADDLE : STEP R FORWARD, TURN 90° LEFT TAKE WEIGHT ONTO L. (3.00)</p>
32	REPEAT THE DANCE IN NEW DIRECTION

