

Born to Fly

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, ½ R, WALK, ½ L, ½ L, ¼ SIDE/Drag, ROCK BACK, RECOVER, L GRAPEVINE CROSS

- 1-2& Rock forward on right to [10:30], Recover on left, ½ 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& ½ left stepping back on right, ½ left stepping forward on left [4:30]
- 5 ¼ 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, ¾ 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 ¾ 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, ½ L BACK, BACK/HOOK, ¼ R WALK, ¼ R WALK, ¼ 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, ½ left stepping back on right [1:30]
- 5 Step back on left hooking right across left
- 6-7 ¼ right walking forward on right, ¼ right walking forward on left [4:30]
- 8& ¼ right running forward on right, Run forward on left [6:00]

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

S5: ROCK/HOOK, RECOVER, ½ R, ROCK, RECOVER, ¼ L, WALK, STEP, ½ PIVOT, STEP, ½ L, ½ L

- 1-2& Rock forward on right hooking left up behind right, Recover on left, ½ 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, ¼ left stepping left to left side [9:00]
- 5 Walk forward on right

6&7 Step forward on left, Pivot ½ right, Step forward on left [3:00]
8& ½ left stepping back on right, ½ left stepping forward on left [3:00]

**S6: SIDE/Drag, ROCK BACK, RECOVER, SIDE/Drag, BEHIND, ¼ L, WALK, MAMBO ½ L, RUN, ⅛ 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, ¼ left stepping forward on left, Walk forward on right [12:00]
6&7 Rock forward on left, Recover on right, ½ left stepping forward on left [6:00]
8& Run forward on right, ⅛ 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 ¾ left to finish facing [12:00]

Thank you to Jane Kenrick for suggesting this music

Maggie Gallagher - +44 7950291350

www.facebook.com/maggiegchoreographer - www.maggieg.co.uk
