

# The Flying Scots



**Choreographed by** The Hat and The Beard" (Pete Cranwell & John Sharman)

**Description** Partner dance, Sweetheart position. bpm 87

**Music** Voices of the Highlands by Speed Limit - CD  
Keeping the Peace.

## **TOE, HEEL, STEP, LOCK, STEP.**

1-2 Touch right toe to left instep, touch right heel to left instep  
3&4 Step forward on right, lock left behind right, step forward on right.  
(Travelling forward diagonally right)

## **TOE, HEEL, STEP, LOCK, STEP.**

5-6 Touch left toe to right instep, touch left heel to right instep,  
7&8 Step on forward on left, lock right behind left, step forward on left.  
(Travelling forward diagonally left)

## **ROCK, RECOVER, SAILOR TURN.**

9-10 Rock forward on right, recover on left,  
11&12 Sweep right behind left making a quarter turn right, step on left making a further quarter turn right, step on right beside left.

## **STEP, LOCK, STEP. STEP, LOCK, STEP.**

13&14 Step forward on left, lock right behind left, step forward on left,  
15&16 Step forward on right, lock left behind right, step forward on right.

## **ROCK, RECOVER, SAILOR TURN.**

17-18 Rock forward on left, recover on right  
19&20 Sweep left behind right making a 1/4 turn left, step on right making a further 1/4 turn left, step on left beside right.

## **SHUFFLE HALF TURN LEFT X 2. (Drop right hands, hold left hands high)**

21&22 Shuffle forward on right, left, right while making a half turn to the left  
23&24 Shuffle back on left, right, left, while making a further half turn left

## **SIDE, TOGETHER, HEEL, HOOK, STEP, LOCK, STEP.**

25&26& Touch right toe to right side, touch right toe next to left foot, touch right heel forward, hook right foot in front of left shin,

27&28 Step forward on right, lock left behind right, step forward on right.

## **SIDE, TOGETHER, HEEL, HOOK, STEP, LOCK, STEP.**

29&30& Touch left toe to left side, touch left toe beside right, touch left heel forward, hook left heel in front of right shin,

31&32 Step forward on left, lock right behind left, step forward on left.